HOW TO FLATTEN YOUR BELLY *FAST*

August 2015

Prevention

IN JUST 2 WEEKS!

GET ALL-DAY ENERGY

50 Brilliant Ways to Rev Up Your Life

Eat this and slim down



GOT PAIN? WE GOT ANSWERS p. 22

\+ THE FAT THAT BURNS FAT

LOOK 10 YEARS YOUNGER

Anti-aging haircuts, it's a thing!


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I switched them to BLUE.”
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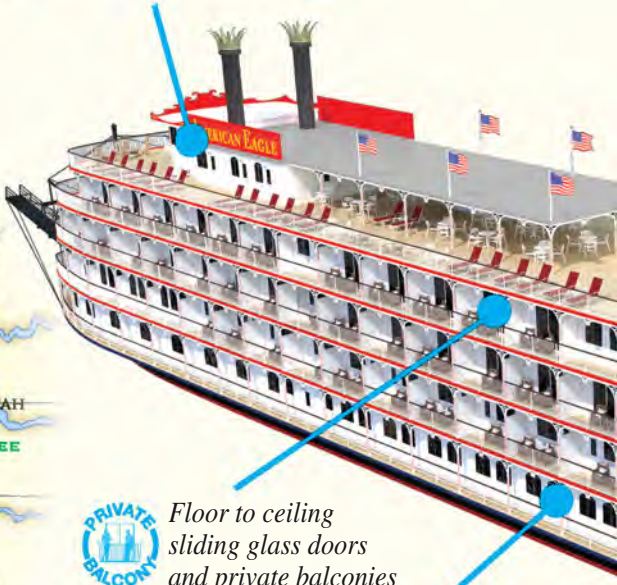
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Contents

August

76
Best Hair Ever (at 40+)
These cuts chop years off your look—and three real women prove it. BY *Jessica Chia*

86
Tired of Being Tired?
If you answered yes (and really, who among us wouldn't?), it's time for a reset. Our clear-eyed 2-week sleep, diet, and fitness plan is backed by science. BY *Hallie Levine*

112
The Fat That Burns Fat
It's green and lush and trending all over. And here's why—and how—you should eat more of it. Hail the avocado.
BY *Marygrace Taylor* and *Khalil Hymore*

124
Fast and Lose
Fasting, of all things, can flatten your belly, sharpen your brain, and extend your life. It's also easier than you think.
BY *Ginny Graves*

GRACE HUANG

Yes, it's possible for hair to look this good at 40+, p.76

Contents



Seared green tomato salad: a tangy treat, p. 48

Tell *Prevention* what you think for a chance to **WIN $1,000!** For details, visit *prevention.com/AugustSurvey.*

News

Health **21**
Nutrition **39**
Fitness **52**
Beauty **66**

Healthy Food

Eat Clean **45**
Matcha madness, eat clean on the cheap, best energy bars, tasty tomato appetizers, and more

Answers

Problem Solved! **29**
Nine ways to build bone strength and lower your risk of osteoporosis
Dr. Andrew Weil **140**
Using arnica to alleviate joint pain

In Every Issue

Inside Information **10**
What you and we discovered this month in health and happiness
Impact **16**
Better Than Ever **60**
Getting back into the water remade one woman's life.
Breathing Space **85**
Pets **134**
The benefits of making a pet play for food
Steal This Recipe **142**
With two ingredients, this top blogger's ice cream will rock your world.



On our cover: Photograph by Jason Varney; food styling by Khalil Hymore; prop styling by Kira Corbin; hand-drawn type by Jessica Kusuma

EMILY KATE ROEMER

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It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can affect your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

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TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

My DRY EYES

[4] FUN, SMART THINGS WE ALL LEARNED THIS MONTH—AND HOW TO ACT ON THEM RIGHT NOW



BRUCE KELLEY
EDITOR-IN-CHIEF



Caroline Bass, 21 days later

10,824 Signs You've Been Transformed

That's how many of you have taken our 21-Day Transformation Challenge. The online discussion boards are teeming with inspiring tales of losing weight, beating the bloat (that's you, Judith Haines from Columbus, TX), and serious attitude adjustment ("I lost 5 pounds and 3.5 inches, and yet gained so much more," said Caroline Bass, 58, of St. George, UT). **TRY IT NOW:** The Challenge lives at *prevention.com/21daychallenge*, so recruit a friend or three, or just dive in solo. It's fun, it works, and it's there when you need it.

One More Reason to Skip the Diet Soda

'Tis the season of hot and thirsty—and of diet soda revolt. Our top stories at Prevention.com right now investigate the pitfalls of fake sugar (headaches! increased diabetes risk!), especially how aspartame and sucralose so overwhelm taste buds that we reach for sweeter (or saltier) snacks that pile on crazy weight. **TRY IT NOW:** Brew no-cal hibiscus tea instead. Adding fresh mint keeps those terrifying sweetness pangs at bay.



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Incontinence Turns Out to Be *Really* Funny

Executive editor Olessa Pindak is among those who can't stop talking about *Grace and Frankie*, a Netflix Original series that premiered to (mostly) raves, bringing Jane Fonda, 77, and Lily Tomlin, 75, back into the spotlight to drolly deliver lines about hearing loss, sex at 70, and, yes, leakage. Their lives may be unraveling, but, as Fonda quips: "You're going to make new and better memories. And you can reuse the frames." **TRY IT NOW:** Stream the 6.5 hours of season one. Pindak bets it'll be a healthy binge.





Here's Why You Are Literally **Breaking More Legs**

Maybe the Cannes Film Festival should be embracing flats, not stilettos. A study in the *Journal of Foot & Ankle Surgery* found that injuries related to heels have nearly doubled since 2002. Luckily, most are sprains and strains, but now every year about 7 out of 100,000 women between ages 40 and 49 and 3 out of 100,000 women 50+ are in for an accident. **TRY IT NOW:** Next time you find yourself asking, "Do these heels go with this skirt?" add "—or these ankles?"

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Jump In!

When was the last time you plunged headfirst into something? These snorkelers, paddling around the warm water of Chileno Bay in Cabo San Lucas, Mexico, are floating over a coral reef and a dizzying array of tropical fish, sea turtles, sea urchins, and starfish. Whatever form your adventure takes, go-for-it gusto is what summer is all about. Grab your flippers, fill your bike tires, or simply step outside and go. Just don't be the one hesitating on the metaphorical shore. There's too much to see out there.

PHOTO MEXICO/OFFSET



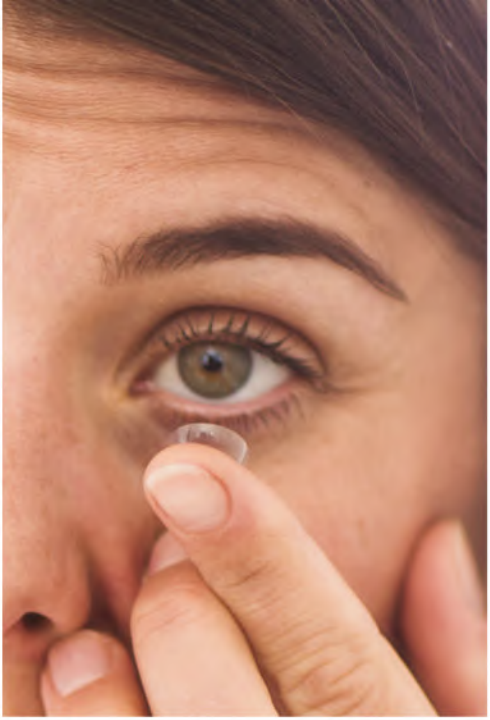




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- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

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Health

Pain Pitfalls • The Verdict on Juicing



TRINETTE REED/STOCKSY

Why You Should Smile Even If You Have to Fake It

You spilled your coffee, the bus driver sneered at you again…but smiling anyway could change your whole day. A new study finds when a person smiles, brain-activity changes make her perceive others' neutral mugs (read: the smirking driver) as happy, too. The best part: "If you make other people smile, you might be changing the way they see you," says study coauthor and Royal Holloway University of London postdoctoral research fellow Alejandra Sel.

Always Achy?

You could be making these pain mistakes:

You ice bumps and bruises.

More evidence a chill is no cure-all: Icing banged-up muscles delayed natural healing in a new study in rats. Instead, gentle exercise gets healing blood flowing to the area.

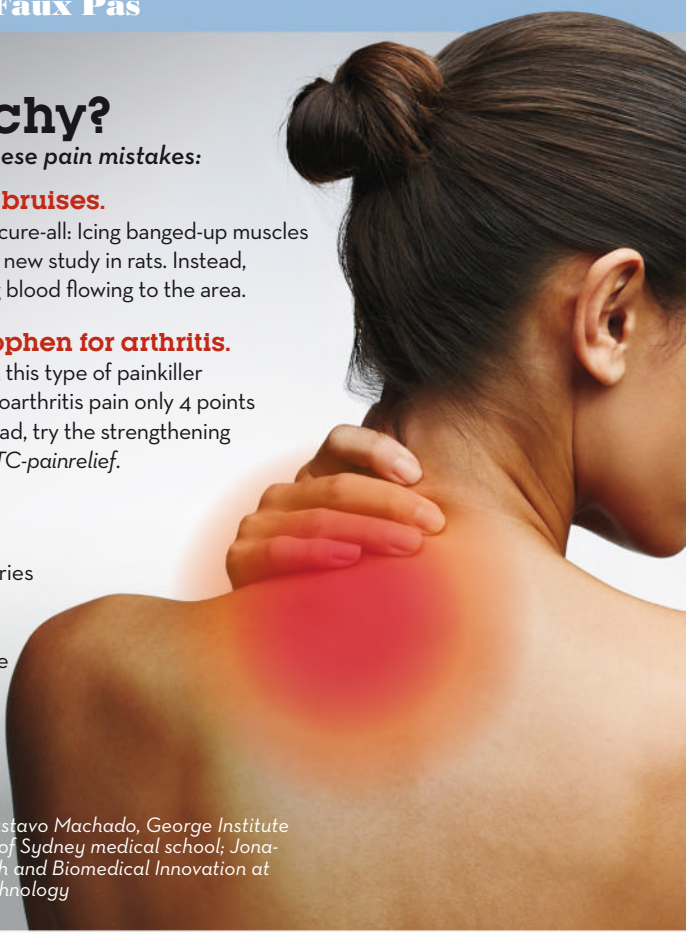
You take acetaminophen for arthritis.

Recent research found that this type of painkiller dropped knee and hip osteoarthritis pain only 4 points on a scale of 0 to 100. Instead, try the strengthening move at *prevention.com/OTC-painrelief*.

You pop NSAIDs before working out.

Relying on anti-inflammatories to power through your workout when you're already sore could sabotage your hard work, since regular, long-term use can mess with muscle growth.

Sources: Sports Medicine; *Gustavo Machado, George Institute for Global Health, University of Sydney medical school; Jonathan Peake, Institute of Health and Biomedical Innovation at Queensland University of Technology*



KLAUS VEDFELT/GETTY IMAGES

55% **That's the percentage of people with Alzheimer's disease who haven't been told they have it, according to the most recent Alzheimer's Association report. Many docs say they keep quiet because they don't want to cause a patient emotional distress. For more on this shocker and advice for patients and caregivers, go to *prevention.com/alz-diagnosis*.**

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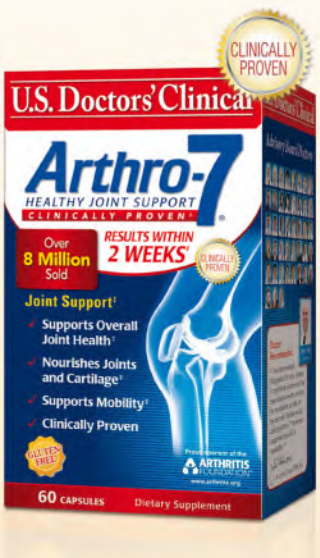
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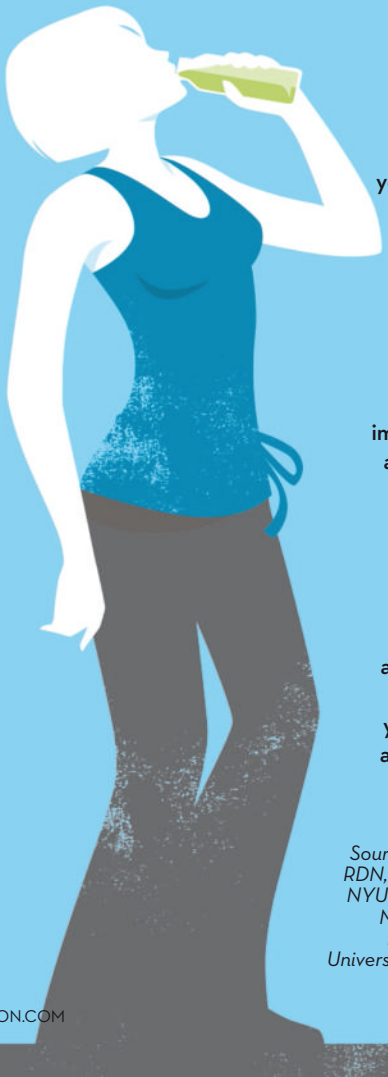
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Your Body on a Juice Cleanse

Spoiler alert: With only a few fleeting benefits—and nothing that will lower your disease risk—the liquid lifestyle is looking pretty lackluster. Some crazy things happen when you drastically cut calories, fat, and protein.*



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Without the carbohydrates, fat, and protein your body needs to make the neurotransmitters that keep you even-keeled, anticipate some irritability.

Muscle Shrinkage
Your body doesn't know it's missing out on protein and will metabolize it as normal—by taking it from your muscles. A weeklong cleanse can cause significant muscle loss.

Weight Loss
You can expect to lose several pounds of water weight. You'll gain it right back post-cleanse.

Energy Drain
You've drastically cut back on calories, but your body doesn't stop burning them, so you may feel weak.

*Potential Heart Perks
Fasting for a few days may lower blood sugar, improve insulin function, and reduce blood pressure, but results last a few weeks at most.

Tummy Trouble
Fruit-heavy fluids can pack a ton of sorbitol, a type of sugar alcohol that pulls water into your intestine, causing a laxative effect, dehydrating you and giving you diarrhea.

Sources: Samantha Heller, MS, RDN, senior clinical nutritionist, NYU Langone Medical Center; Marc Hellerstein, MD, PhD, human nutrition professor, University of California, Berkeley

PAUL OAKLEY

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PROBLEM SOLVED!

Brittle Bones

BY RICHARD LALIBERTE

Loss of estrogen after menopause (among other factors) can cause bones to lose strength and structure. That's why more than 8 million American women have osteoporosis, and half of women over 50 will get a fracture courtesy of the condition. Control your risk with these steps, from the simplest lifestyle fixes to full-force Rx's.



Start Here!

K-Rich Foods

They play well with calcium. People who get plenty of vitamin K from foods like broccoli, spinach, kale, cabbage, asparagus, and green tea tend to have stronger bones than people who get too little. K helps build bones with calcium but also helps clot blood, so people on blood thinners shouldn't take a supplement without a doctor's OK.

Vitamin D

Sun, food, and pills are your go-tos. The sunshine vitamin also helps you absorb calcium. For some, it can be tough to get the recommended daily 600 to 800 IU from food and rays alone, so you may need to take a D3 pill—but don't go over 1,000 IU without consulting your doctor.

MAXIMILIAN STOCK LTD./GETTY IMAGES

Calcium Itself

Go for milk and yogurt. Dairy can take women 50+ from the average 600 mg intake to the recommended 1,200 mg. Aim for 900 mg from countable sources (e.g., fortified OJ and cereal); you'll likely get 300 more from trace sources like greens. Consider a pill if your diet is lacking.

500

Max dose (in mg) of calcium to take at a time if you're popping a pill. More than that isn't effectively absorbed by the body.

Moving

It's key to bone growth + balance. On-your-feet exercise like fast walking stimulates bone cells, while workouts that build muscle make us less tippy (fewer falls) and buttress upper-body bones, which don't get the growth benefit that exercises like jumping rope provide. If you know you have fragile bones, talk with your doc about what they can handle.

Weight Loss

Extra pounds—especially around the middle—can accelerate bone loss. Obesity was once thought to boost bone building (possibly by upping the impact on your bones), but research now finds that the inflammation caused by weighing too much weakens bones enough to matter.



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A Glass of Wine

Or two.

A study of postmenopausal women found they had lower rates of bone loss when they drank a daily glass or two of wine or beer than when they abstained, possibly thanks to booze's estrogen-raising effect. More than that slows bone regrowth and ups cancer risk.

Estrogen Meds

Treat hot flashes, build bone. **The drug Duavee does both by combining estrogen with compounds that act on estrogen receptors—giving bone benefits without increasing breast and uterine cancer risks. Sans flashes and blessedly fracture-free? Consider a non-estrogen bone protector like raloxifene (Evista).**

Bisphosphonates

These drugs slow breakdown and lower fracture risk. **Alendronate (Fosamax) and risedronate (Boniva) are generally safe, but MDs are cautious about a long-term Rx since some women develop rare fractures after 5 years of use.**

Bone-Building Rx's

When bone loss is serious. **Injected teriparatide (Forteo) is the only drug that stimulates cells to grow new bone—a good choice for people who have severe osteoporosis and are at high risk of fractures.**

Sources: Felicia Cosman, MD, professor of medicine at Columbia University College of Physicians and Surgeons and senior clinical director of the National Osteoporosis Foundation; Jonathan Greer, MD, president of Arthritis and Rheumatology Associates of Palm Beach, FL, and affiliate clinical professor of medicine at Nova Southeastern University and the University of Miami



Prolia® is a prescription medicine used to treat osteoporosis in women after menopause who:

- **are at high risk for fracture, meaning women who have had a fracture related to osteoporosis, or who have multiple risk factors for fracture**
- **cannot use another osteoporosis medicine or other osteoporosis medicines did not work well**

Important Safety Information

Do not take Prolia® if you: have low blood calcium; or are pregnant or plan to become pregnant, as Prolia® may harm your unborn baby; or are allergic to denosumab or any ingredients in Prolia®.

What is the most important information I should know about Prolia®?

If you receive Prolia®, you should not receive XGEVA®. Prolia® contains the same medicine as XGEVA® (denosumab).

Prolia® can cause serious side effects:

Serious allergic reactions have happened in people who take Prolia®. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.

Low blood calcium (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.

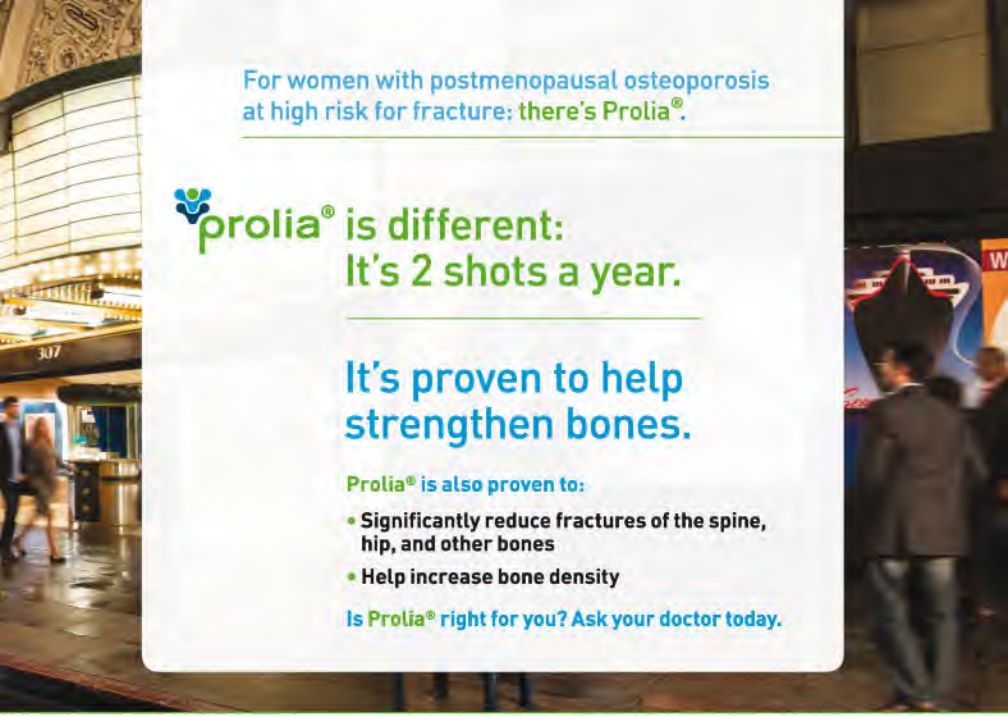
Take calcium and vitamin D as your doctor tells you to help prevent low blood calcium.

Severe jaw bone problems (osteonecrosis) may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

Unusual thigh bone fractures. Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also happen more often in people who take Prolia®. You may need to go to the hospital for treatment.

Prolia® is a medicine that may affect the ability of your body to fight infections. People who have weakened immune systems or take medicines



that affect the immune system may have an increased risk for developing serious infections.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

Bone, joint, or muscle pain. Some people who take Prolia® develop severe bone, joint, or muscle pain.

Before taking Prolia®, tell your doctor if you:

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

What are the possible side effects of Prolia®?
It is not known if the use of Prolia® over a long period of time may cause slow healing of broken bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Medication Guide on the next page.

Ask your doctor about your bone strength and if Prolia® is right for you.

prolia® (denosumab) injection

2 shots a year proven to help strengthen bones.
www.prolia.com

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BRIEF SUMMARY OF MEDICATION GUIDE

Prolia® (PRÓ-lee-a) *(denosumab)* Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

What is the most important information I should know about Prolia?

If you receive Prolia, you should not receive XGEVA®. Prolia contains the same medicine as Xgeva (denosumab).

Prolia can cause serious side effects including:

- **Serious allergic reactions.**
 Serious allergic reactions have happened in people who take Prolia. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction. Symptoms of a serious allergic reaction may include:
 - low blood pressure (hypotension)
 - trouble breathing
 - throat tightness
 - swelling of your face, lips, or tongue
 - rash
 - itching
 - hives
- **Low calcium levels in your blood (hypocalcemia).**
 Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:
 - Spasms, twitches, or cramps in your muscles
 - Numbness or tingling in your fingers, toes, or around your mouth

 Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.
- **Severe jaw bone problems (osteonecrosis).**
 Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia. Ask your doctor or dentist about good mouth care if you have any questions.
- **Unusual thigh bone fractures.**
 Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.
- **Serious infections.**
 Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection.

 Prolia is a medicine that may affect the ability of your body to fight infections. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.
 Call your doctor right away if you have any of the following symptoms of infection:
 - Fever or chills
 - Skin that looks red or swollen and is hot or tender to touch
 - Fever, shortness of breath, cough that will not go away
 - Severe abdominal pain
 - Frequent or urgent need to urinate or burning feeling when you urinate

- **Skin problems.**
 Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:
 - Redness
 - Itching
 - Small bumps or patches (rash)
 - Your skin is dry or feels like leather
 - Blisters that ooze or become crusty
 - Skin peeling
- **Bone, joint, or muscle pain.**
 Some people who take Prolia develop severe bone, joint, or muscle pain.

Call your doctor right away if you have any of these side effects.

What is Prolia?

Prolia is a prescription medicine used to:

- Treat osteoporosis (thinning and weakening of bone) in women after menopause ("change of life") who:
 - are at high risk for fracture (broken bone).
 - cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

It is not known if Prolia is safe and effective in children.

Who should not take Prolia?

Do not take Prolia if you:

- have been told by your doctor that your blood calcium level is too low.
- are pregnant or plan to become pregnant.
- are allergic to denosumab or any of the ingredients in Prolia. See the end of this leaflet for a complete list of ingredients in Prolia.

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.
 - **Pregnancy Surveillance Program:** Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen's Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.
- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription drugs, vitamins, and herbal supplements. Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

How will I receive Prolia?

- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

- See **"What is the most important information I should know about Prolia?"**
- It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

The most common side effects of Prolia in women who are being treated for osteoporosis after menopause are:

- back pain
- pain in your arms and legs
- high cholesterol
- muscle pain
- bladder infection

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Prolia if I need to pick it up from a pharmacy?

- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- Do not shake Prolia.
- Keep Prolia in the original carton to protect from light.

Keep Prolia and all medicines out of reach of children.

General information about Prolia

Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to www.Prolia.com or call Amgen at 1-800-772-6436.

What are the ingredients in Prolia?

Active ingredient: denosumab

Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide

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AMGEN®

Nutrition

Full-Fat Fun • A Craving Cure • Salad Solution

Is Nonfat Dairy Making You Binge on Carbs?

If you've been loading up on nonfat yogurt and fat-free milk to lose weight, consider this: Two recent studies show that whole-fat dairy might be more figure-friendly. In one, people who regularly went for the creamy stuff ate fewer carbs than those who loaded up on low- and nonfat dairy. A second study found that the full-fat habit was associated with a 23% reduced risk of type 2 diabetes, while consuming low- and nonfat was not, possibly due to specific disease-fighting fatty acids in whole dairy. Turn to p. 112 for a healthy, creamy treat—not that you needed convincing.

Source: American Journal of Clinical Nutrition

Pick the creamiest you can find: Whole-fat yogurt may be better for your waistline.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY CHRISTINA LANE

Hunger or Hankering? **Know in 5 Secs**



It's 3 PM and you need a snack ASAP, right? Eh, maybe not. Nutritionists Dallas and Melissa Hartwig have come up with an amazingly effective way to tell if you're really hungry or just having a craving: Ask yourself, *Am I hungry enough to eat steamed salmon and broccoli?* (Don't eat salmon? Pick another plain protein.) If the answer is yes, then you're legitimately hungry and should opt for a balanced snack. If not, reach for a cup of hot tea, which can help quell the urge to eat.

Source: The Whole30: The 30-Day Guide to Total Health and Food Freedom

21%

THAT'S HOW MUCH LOWER THE RISK OF METABOLIC SYNDROME—a group of health conditions associated with heart disease, stroke, and diabetes—was in people eating a highly diversified diet, according to a new study in the *Journal of Nutrition*. Consuming a greater variety of nutrient-packed foods was linked with less belly fat and a decreased risk of high blood pressure.

Less Waste, More Money

Tired of tossing pricey wilted kale? A new, free app from the USDA called FoodKeeper prevents food waste and saves you money by providing ideal storage times and tips for over 400 foods. You can even log a food on your phone, and it syncs with your calendar, reminding you when to eat up or toss it.

GEORGE CRUDO/STOCKFOOD. COURTESY OF FOODKEEPER APP

PRESERVE YOUR RIGHT



to no preservatives.

Say NO to Sodium benzoate,
Potassium lactate &
Sodium diacetate.
Things only a chemist would love.
Say YES to natural lunchmeat
with flavors like Cherrywood,
Cracked Pepper or Sriracha.
Things Mother Nature would love!
Now that you know,
it's easy to

MAKE THE NATURAL CHOICE.com

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Anatomy of a Healthy Salad

A salad bowl is like a blank canvas: Add the right stuff and you'll have a mouthwatering masterpiece; combine badly and you've got an inedible eyesore. Here's intel for the tastiest, healthiest work of art:

Pick Pomegranate
Ditch raisins for ¼ cup of pomegranate seeds to save 18 g of sugar.

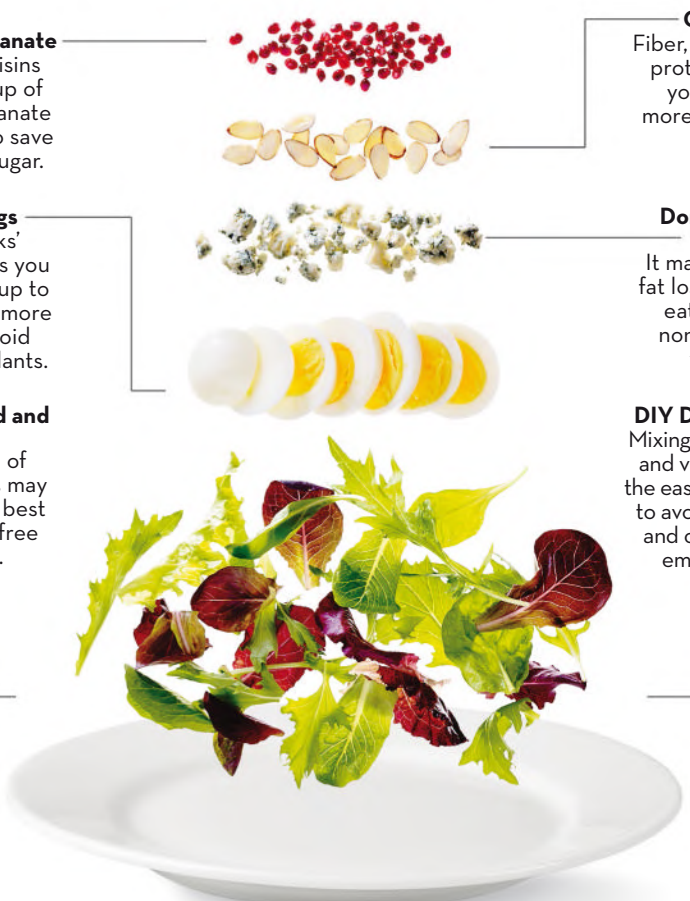
Go Nuts
Fiber, fat, and protein give your salad more staying power.

Add Eggs
The yolks' fat helps you absorb up to 9 times more carotenoid antioxidants.

Don't Fear Cheese
It may boost fat loss when eaten with nonstarchy veggies.

Mix Red and Green
A blend of lettuces may protect best against free radicals.

DIY Dressing
Mixing olive oil and vinegar is the easiest way to avoid sugar and chemical emulsifiers.



Sources: Journal of Agricultural and Food Chemistry; *USDA National Nutrient Database for Standard Reference;* FASEB Journal; American Journal of Clinical Nutrition; Nature

PHOTOGRAPHS BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON. PLATE: GIVAGA/GETTY IMAGES



Do you like your food without chemicals or ingredients so processed, they sound like plastic polymers? So do we, which is why we launched EatClean.com, with all the news, views, and recipes on stuff made by Mother Earth, not in a freaky science lab. If you give a damn about your food, this is where the conversation starts.

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TAKE OUR SURVEY AT *prevention.com/augustsurvey.*

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We want to make sure *Prevention* is the best it can be, so we'd appreciate it if you would take our survey at the website above. You'll have the chance to share your thoughts about *Prevention* and tell us what you'd like to see in future issues. You'll also be automatically entered for **a chance to win $1,000**.

NO PURCHASE OR COMPLETION OF SURVEY NECESSARY TO ENTER OR WIN. A purchase or completion of survey will not improve your chances of winning. Void where prohibited. Sweepstakes begins at 12:01 AM ET on July 14, 2015, and ends at 11:59 PM ET on August 31, 2015. Must be 18 or older and a legal resident of the 50 United States or DC (excluding residents of Puerto Rico) to enter. For the Official Rules, visit *prevention.com/augustsurveyrules*. To enter the sweepstakes without completing the survey, visit *prevention.com/augustsurveyentry*. Rodale Inc., 400 S. 10th St., Emmaus, PA 18098-0099, is the operator of the sweepstakes.

CHRIS FANNING

eatclean

Smarter Buys • Better Bars • Tastier Tomatoes



Matcha Madness

Smoothies, lattes, cookies—you name it, people are making it with matcha. Sounds exotic, but this "new" health food is only green tea leaves ground into a fine dust, which is traditionally whisked with hot water and sipped. With over a thousand studies on its health benefits, green tea has been linked to everything from cancer prevention to a faster metabolism. Ready to go green? Opt for premium-grade powder from Japan (we like Matcha Love, $17 for 20 g tin), which has a smoother taste and more antioxidants.

For 10 delicious ways to eat and drink matcha, visit *eatclean.com/matcha-tea-recipes*.

Make yours a matcha: The green tea latte is hugely popular—and healthy.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY CHRISTINA LANE

PATIENTS ARE A VIRTUE



WHERE HEALTH IS PRIMARY.

Health is Primary

Long-term relationships built on trust between patient and doctor are the foundation of good health. That's why primary care practices treat patients and their families as core members of their health care team.

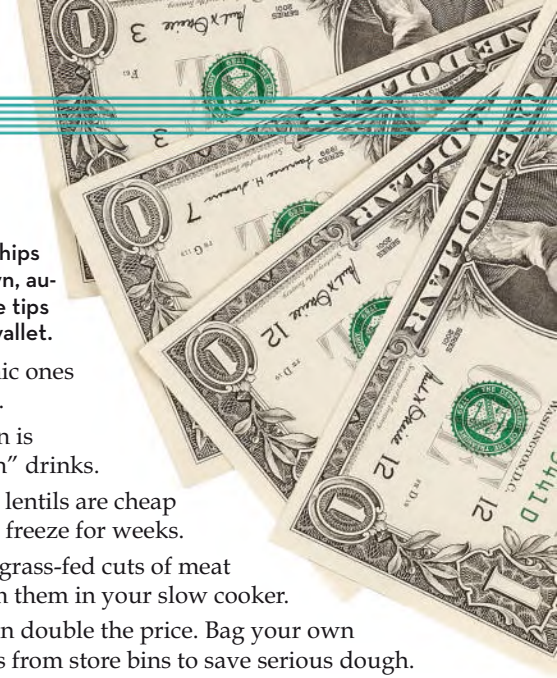
Family doctors are dedicated to treating the whole person and are seen by their patients as partners. We believe every patient should have access to a health care team that understands and respects them.

Learn more about how you can play an active role in your health care at **healthisprimary.org**.

Brought to you by America's Family Physicians

HealthIsPrimary

#MakeHealthPrimary



Dine Like a Foodie on $4 a Day

Blow your grocery budget on kale chips and grass-fed rib eye? Leanne Brown, author of *Good & Cheap*, shares these tips so eating clean doesn't drain your wallet.

1. BUY EGGS. Even a dozen organic ones works out to just 33 cents per egg.

2. SKIP DRINKS. Water with lemon is healthier than most pricey "health" drinks.

3. FREEZE MORE. Dry grains and lentils are cheap but take time to cook. Make once, freeze for weeks.

4. SLOW COOK. Opt for tougher grass-fed cuts of meat like pork shoulder, then transform them in your slow cooker.

5. BAG YOUR OWN. Packaging can double the price. Bag your own greens, nuts, and other bulk foods from store bins to save serious dough.

Eat Clean, Stay Lean: **Energy Bars**

Bars are booming and can be a healthy, convenient way to snack on the go—provided they're not filled with sugar and junk, which most are. Here's how to choose a cleaner nosh:

For a list of our favorite bars, check out *eatclean.com/products/best-energy-bars.*







CLEANEST	CLEAN	NOT CLEAN
Contains only real-food ingredients like nuts and grains, with 10 g or less of sugar. Clearly, we like Oatmega.	Has mostly real-food ingredients and less than 15 g of sugar from natural sweeteners like honey or maple syrup.	Contains high fructose corn syrup, artificial sugars, or hydrogenated oils. Watch closely—that goes for many "healthy" bars.

MONEY: PHOTOOBJECTS.NET/GETTY IMAGES. FROM LEFT: COURTESY OF OATMEGA. 4KODIAK/GETTY IMAGES. STEVE COHEN/GETTY IMAGES

DINNER TONIGHT

Tomato-Filled Party Treats

Add a seasonal pop to your next party by harnessing the sweet tang of fresh tomatoes with these three appetizers. All serve 6.



Seared Green Tomato Salad with Prosciutto and Balsamic

Cut 2 **green tomatoes** into ¼"-thick slices and brush with 1 Tbsp **olive oil**. Grill over medium-high heat until seared, 2 minutes per side. Serve over **arugula**, topped with **torn prosciutto** and **balsamic glaze**.



Tomato Jam with Ricotta

In saucepan, combine 1 lb **diced ripe tomatoes**; 3 Tbsp **honey**; 3 Tbsp **apple cider vinegar**; ½ **serrano chile, minced**; ½ tsp **kosher salt**; and ¼ cup **water**. Boil, then simmer until jamlike, about 30 minutes. Cool. Place 1 cup **part-skim ricotta** in dish; pour jam over. Serve with **veggies** or **crackers**.



Tomato Pesto Tartlets

Fill 12 **mini phyllo shells** each with ½ tsp **pesto**. In bowl, toss 12 **cherry tomatoes** with 1 tsp **olive oil**, ½ tsp **fresh thyme**, and a dash of **salt** and **pepper**. Top each tart with 1 tomato. Bake at 350°F until golden, about 12 minutes.



PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY CHRISTINA LANE

Abbott

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160 Calories



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Use as part of a healthy diet and exercise plan.
*Among doctors who recommend liquid nutritional products.

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93306/June 2015 LITHO IN USA

Ensure TAKE LIFE IN.

quark ['kwärk]

This rising-star fresh cheese from central Europe is similar to Greek yogurt in texture but is milder and less tangy. Like yogurt, quark is packed with good-for-you probiotics and protein, with 17 g or more in one 6-ounce cup. Eat plain, top with fruit, or combine with garlic, herbs, and sea salt for a savory dip.



Beware of Freezer Yearn

Summer has come a long way from push-up pops and Klondike bars. Thanks to a growing selection of clean frozen snacks—all additive-free, some veggie-infused—you can now enjoy icy treats without guilt. Here are 5 with less than 12 g of sugar each:

Yasso Coffee Chocolate Chip Frozen Greek Yogurt Bars: Greek yogurt adds creaminess, calcium, and live probiotics. ($5 per box)

NadaMoo! Cookies & Creme: This coconut milk ice cream is dairy-free, gluten-free, and high-fiber. ($6 per pint)

Brewla Strawberry + Hibiscus Tea Ice Pops: Fruity and herbal, this pop has only 3 g of sugar and lots of vitamin C. ($5 per box)

Halo Top Mint Chip Ice Cream: Go ahead, eat the whole pint—it has only 240 calories. One serving has 4 g of sugar and a dose of protein and fiber. ($5 per pint)

Paleo Passion Orange Mango Pops: This tropical blend of orange, mango, pear, and chia seeds has just 60 calories per Paleo-friendly pop—no added sugars allowed. ($6 per box)



FROM TOP: HARRY BISCHOF/STOCKFOOD. MATT RAINEY

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Whole Body Health For Life.

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*excludes urinary tract health formula

PurinaONE.com/WholeBodyHealthCat

Fitness

Toning Tricks for Walkers • Best Workout Snacks



Sweat to Sleep Better

Maintaining endurance may seem like a goal for athletic types alone, but new research shows that it pays off for all of us—in bed. When researchers tracked the cardiorespiratory fitness (CRF) of nearly 9,000 men and women—all of whom had no sleep issues at the start of the study—over 4 decades, they found that as participants' CRF went down (a marker of too little activity), their sleep complaints went up. Why the link? Frequent exercise cuts back on anxiety and weight gain, both of which can contribute to sleep trouble in your 40s and 50s, says study author Rodney Dishman.

Source: Medicine & Science in Sports & Exercise

LUMINA/STOCKSY



NOT TONIGHT, I'M TOO TIRED.

WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired…too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down…especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time", it's time for a change. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.* So redefine your definition of a "good time" with Floradix and rekindle the romance.



FLORA **VEGETARIAN + NON-GMO + ADDITIVE- & PRESERVATIVE-FREE**
VISIT WWW.FLORAHEALTH.COM FOR MORE INFO.

Receive a **$4 coupon** toward your next purchase of Floradix! Visit: **WWW.FLORAHEALTH.COM/TOOTIRED**

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Rethink Your Fueling Strategy

Just as your workout gear varies, so should your preworkout combos.

Walking	 1 medium pear +	 ½ oz sharp Cheddar	**Think light: 100 to 200 calories with a mix of carbs, protein, and fat offsets hunger and helps muscles stride longer.**
Running	 ½ c each oats and blueberries +	 1 c low-fat milk	Easy on heavy foods (aka slosh factor); aim for 200 to 300 calories, with roughly 30 g of carbs for fast energy, an hour before your run.
Yoga	 1 small apple +	 1 oz almonds	**Don't let bloating mess up your Zen; stick with 100 to 200 calories of easily digested carbs and protein 1 to 2 hours before class.**
Strength Training	 6 oz low-fat cottage cheese +	 ½ c raspberries	Grab 100 to 250 calories of muscle-building protein and carbs 30 to 60 minutes prior to lifting and you'll jump-start recovery.
Swimming	 6 dates +	 1 Tbsp nut butter	**Stay quick and cramp-free with 200 to 300 calories of simple and complex carbs, plus a little protein, an hour before you hit the pool.**

When you don't need a preworkout snack: *You ate a nutritious meal within the past 2 to 3 hours, don't feel hungry, and are going 45 minutes or less.*

FROM TOP, LEFT TO RIGHT: EMRAH TURUDU/GETTY IMAGES. ULRIKE KOEB/STOCKFOOD. GETTY IMAGES. JESSICA PETERSON. SEZER YADIGAR. VINCENZO LOMBARDO. JOE BIAFORE. ARMSTRONG STUDIOS. COLIN ERRICSON. JOE BIAFORE. SUSAN ASHUKIAN

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With new Organic SweetLeaf® Stevia Sweetener, you can add naturally delicious taste to food and beverages without adding calories, carbs, sugars, GMOs or artificial ingredients. With SweetLeaf® Water Drops™, made with the world's best-tasting stevia™, calorie-free healthful hydration never tasted better.



ZERO calories ~ ZERO carbs ~ NON-glycemic response ~ NO artificial ingredients

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SweetLeaf has no artificial ingredients such as aspartame, sucralose, and methanol, no sugar alcohols such as erythritol, and no sugars like dextrose or maltodextrin.

4 Strength-Training Moves Every Walker Needs

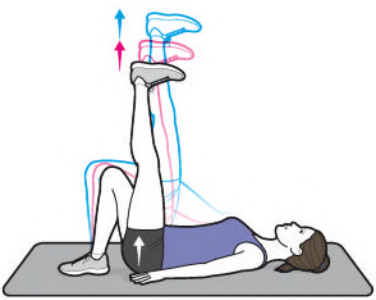
Build a more fluid walking machine—and stay injury-free—with these quick toners. Not kidding: You'll notice the difference from your first stride.



Overhead Up-Down

For perfect walking posture

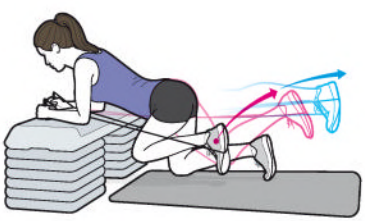
Stand holding resistance band taut overhead. Sit down on edge of bench and extend legs. Return to standing, squeezing glutes. Do 3 sets of 12 reps.



Single-Leg Hip Bridge

For stronger glutes

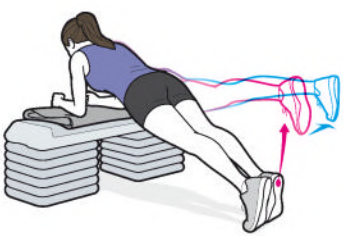
Lie on floor with left leg extended above hip. Press into right foot and raise hips, squeezing glutes. Slowly reverse move. Do 3 sets of 12 reps on each side.



Donkey Kickback

For powerful hamstrings

Start as shown, middle of resistance band around 1 foot. Kick leg straight back, keeping foot flexed; slowly reverse move. Do 3 sets of 12 reps on each side.



Plank Hip Abductor

For killer core and outer-thigh strength

Start in elevated forearm plank as shown. Lift 1 leg up and then out to side; slowly reverse move. Repeat on opposite side. That's 1 rep. Do 3 sets of 12 reps.

CHRIS PHILPOT

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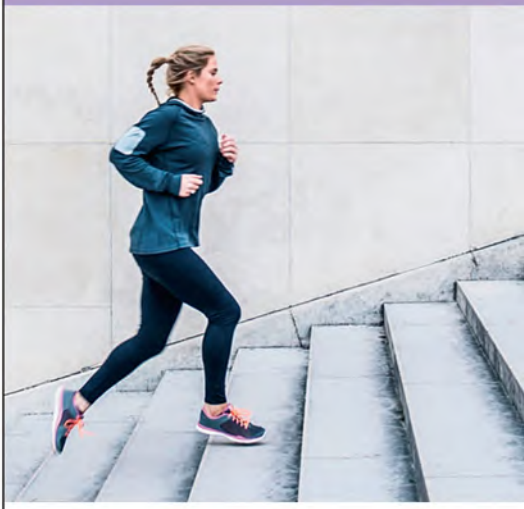
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Boost Your Metabolism without Intervals

Never in the mood to do what works best—sprints? Try these still-effective calorie igniters.

Add Weight: Whether it's holding light dumbbells while doing jumping jacks or wearing a weighted vest while walking on the treadmill, the combo will quickly crank up calorie burn.

Up Your Incline: Take your walk to a hill and you could torch as many calories as if you were running on a flat surface. (A tighter butt is a bonus.)

Cut Out Rests: A superset—two resistance exercises performed back-to-back to create one set—burns roughly 8 to 10 calories per minute, nearly twice the calorie burn of a standard training session.

Is my intensity helping me lose weight?

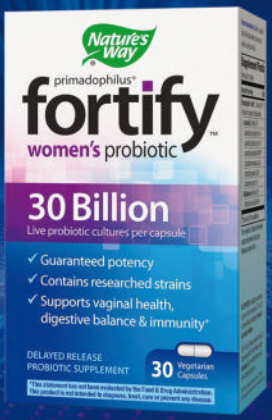
New research gives you a low-tech solution for answering that question. If you can't get out a short sentence, you've most likely hit your ventilatory threshold (VT), an intensity at which you breathe faster than your body can use oxygen. "To maximize metabolism, it's important to exercise at or above VT," says coauthor Ann Gibson. The catch: It's tough to maintain. So strive to hit your VT during pushes, but when you focus on endurance, stick to a point where you can say a few words between breaths.

Source: The Journal of Strength and Conditioning Research



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The fountain of youth may be as close as the nearest pool: Sauer is fit and healthy at 73.



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Growing up in southern Louisiana, I spent my summers at the local pool, playing with friends. I loved the feel of being in the water, but I never learned technique. As my sales job and food choices caused my waistline to expand, I eventually hung up my swimsuit.

Three decades later, I had lost 100 pounds with diet and treadmill workouts but needed something to energize me and help keep the weight off. That's when I saw a poster advertising my gym's Masters Swim Team and signed up, the oldest on the team. The first time I got back in the water was a true shock: I couldn't even swim across the pool. Clinging to the side on that first day, I told the 23-year-old coach, Stacey Van Horn, "I've made a terrible mistake. I can't do this." She looked right at me and said, "You *can* do this…and I will help you." Stacey showed me how to smooth out my stroke, and by the time I left that day, I was hooked again.

Good thing, too, because my doctor told me that my arteries were so caked with plaque from years of neglect, I could have a heart attack within 5 years if I didn't kick up my workouts and start taking medication. After that, I doubled the amount of yardage I was swimming. Though the workouts seemed impossible, there was no way I was going to stop. I liked the sport and the anonymity that came with it. No one knew anything about me outside the pool—not even what I looked like dry. Forming relationships on those terms was freeing.

Today, at 73, I travel with my teammates to meets all over the country. The butterfly is my stroke, and I've won more than 32 medals in different competitions, including many silvers at the National Senior Games.

Not only has it been a lot of fun, but swimming helped save my life in more ways than I'd ever dreamed. During my last physical, my doctor told me the plaque is gone—my arteries are clear. Even more important, before I jumped in that pool, with retirement looming ahead of me, I was dreading the next phase of life. Now I'm diving in and loving every day.

HAIR AND MAKEUP BY JESSICA GARZA



Once stuck on a treadmill, Sauer found her inner (nationally ranked) athlete.

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Beauty

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PHOTOGRAPH BY EMILY KATE ROEMER; PROP STYLING BY CHRISTINA LANE. PICTURED: PACIFICA 7 FREE NAIL POLISH

You've Got a Healthy Polish

Even your nails can benefit from a detox. Fresh formulas are giving three newly identified suspects—ethyl tosylamide, xylene, and parabens—the, uh, finger. Research suggests they may trigger antibiotic resistance, allergic reactions, and hormonal problems, respectively. If you're keen to be cautious while we await more data, lower your exposure with picks labeled seven- or eight-free, like **Butter London Patent Shine 10X Nail Lacquer ($18)** or **Pacifica 7 Free Nail Polish ($9)**.

Source: Amanda Sergay, MD, dermatologist at Marmur Medical in New York City

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†Source: The NPD Group, Inc. / BeautyTrends®, U.S. Prestige Skincare Retail Dollar Sales, August 2014 - March 2015 *Based on consumer evaluation at 12 weeks of use

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3 Ways to Perfect Your Eyeliner Game

Eye pencil mistakes range from aging your look to bringing on infection. Los Angeles–based makeup artist Michelle Radow explains how to draw the line—properly.

1 **MIND THE WATERLINE.** Marking up the inner lid is linked to infection. If you must do it, swipe the pencil with **Beauty So Clean Sanitizer Wipes ($20)** first.

2 **CHOOSE A SOFT HUE.** Black exaggerates sagging and lines. Swap for age-flattering charcoal, like **Clinique Quickliner for Eyes ($16.50)** in slate.

3 **USE PRIMER.** Creased lids can make liner bleed and pool. Make it stay—all day—with a primer like **Jouer Long-Wear Eye Brightening Primer ($24)**.

ONE-WORD ANSWER

When's the most effective time to apply antiperspirant?

nighttime.

Really: Wet postshower skin can dilute the product so it can't block sweat glands properly. If yours fails regularly, apply a clinical-strength stick right before bed, when you move and perspire least, to form a protein plug in your sweat glands that'll ward off next-day odor.

Source: Zoe Diana Draelos, MD, consulting professor of dermatology at Duke University



FROM TOP: STEVE HIX/SOMOS IMAGES/FUSE/GETTY IMAGES. JUPITERIMAGES/GETTY IMAGES. ILLUSTRATION BY JESSICA KUSUMA

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Supercharge Your Psoriasis Rx, Naturally

The famously powerful anti-inflammatory properties of curcumin, a natural compound in turmeric, are at it again: A new study found that in combo with traditional topical steroid creams it can nearly halve the severity of red, scaly psoriatic patches. Try taking 1,200 mg of the supplement daily and working your way up to 3,000 mg, unless you have kidney issues or diabetes (it's a diuretic).

Source: Heather Woolery-Lloyd, MD, director of ethnic skin care for the University of Miami department of dermatology and cutaneous surgery



BEAUTY BREAKTHROUGH

The New Rosacea Fix

Steel your stomach: Mite excretions may be causing your rosacea. If you have bumps and pimples (papulopustular rosacea) along with plain old redness, it's a sign your skin may be bugged by *Bacillus oleronius*, bacteria excreted by microscopic mites we all have on our skin. Fortunately, recently approved Rx cream Soolantra, the the only FDA-approved anti-mite medication for rosacea, can lower mite counts and bacteria-induced inflammation. In a clinical trial, most testers saw up to a 75% reduction in bumps and blemishes after 12 weeks of use. If your dermatologist agrees it's a fit, a 1-month supply will cost you about $275, though most insurance plans will pick up a portion of the tab.

Source: Joshua Zeichner, MD, director of cosmetic and clinical research at Mount Sinai Hospital in New York City

ILLUSTRATION BY DIETER BRAUN; PHOTOGRAPH BY YAMADA TARO/GETTY IMAGES

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Look Younger and Slimmer in Seconds

It's the original airbrushing: Using makeup to shade and highlight your face can make you extra gorgeous, instantly. Try these trending techniques on four key areas:

Youthful Asset:
Wide Eyes
Dab light shadow on the inner two-thirds of the lids and inner corners of eyes, and shade only the outer third of your lids.

Youthful Asset:
Full Lips
Trace the border of your lips with a nude lip pencil a shade lighter than your natural lip color.

Youthful Asset:
High Cheekbones
Dust powder two shades deeper than your skin beneath the cheekbone, along an imaginary line from the middle of your ear to your mouth.



Youthful Asset:
Taut Jawline
Brush the two-shades-deeper powder along the jawline, sweeping it from one earlobe to the other along the underside of your jaw.

Source: Julio Sandino, makeup artist and cofounder of the New York City–based Pucker Makeup Studio

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BEST HAIR EVER (AT 40+)

Go ahead, hop in our hair time machine. These three anti-aging cuts are guaranteed by top stylists, readers, and celebs (hello, J.Lo and Connie Britton) to chop 10 years off your look—instantly.

BY JESSICA CHIA
PHOTOGRAPHS BY GRACE HUANG

WARDROBE STYLING BY SARAH CONROY; HAIR STYLING BY ANNIE RUSH; MAKEUP BY BRANDIE HOPSTEIN



ALEX is a 40-year-old chef and mom, not a hair model—read on to look this good, too.

THE ANTI-AGING CUT

LONG LAYERS

Why it chops off the years: Serious hair loss is determined by a genetic lottery, but hair thins for nearly all of us after 40. Long layers make up for lost density by adding volume at the crown and sides of your head, says Eva Scrivo, owner of Eva Scrivo Salons, where the three youth-boosting cuts in this story were done.

Best for you if: Your below-the-shoulder hair is dragging you down and making you look older, but you don't want to lose length; face-framing layers add polish, Scrivo explains.

Ask for: Long layers throughout the hair, with shorter layers around the face that graze the lower cheekbone and end at the jaw, midneck, and clavicle. A few pieces snipped at eye level (as on Weisz, at right) will draw attention there, Scrivo says.

Healthy hair tip: If you're dealing with major loss, use a 2% minoxidil product like **Kérastase Densifique Minoxidil ($35)**; hair will start to reappear after 4 months. For instant cover, sprinkle pigmented hair fibers like **Keranique Fiber Instant-FX ($40)** in sparse spots.

STYLING SECRET: Keep this look modern, not '90s chic (remember the Rachel?) by using a flat paddle brush to smooth the style after blow-drying with a round brush.

CELEB INSPIRATION



Penélope Cruz



Connie Britton



Rachel Weisz

GETTY IMAGES, FROM TOP: STUART C. WILSON, JASON LAVERIS, MIKE MARSLAND



"One haircut? Are you kidding?! My hair is back to its health from my mid-30s."

ALEXANDRA JAMIESON
***Age:* 40**
Chef and functional nutrition coach

HAIR BY EVA SCRIVO

"I wouldn't be surprised if this cut got me carded."

JEAN TANG
***Age:* 46**
Founder of copywriting agency MarketSmiths



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HAIR BY STEPHEN THEVENOT AND ANNIE RUSH

THE ANTI-AGING CUT

MODERN SHAG

Why it chops off the years: After 40, hair gets finer overall (though grays, bless 'em, tend to be coarser and thicker), says hair researcher Paradi Mirmirani, a dermatologist at the Permanente Medical Group. The shag's layers keep your hair from being weighed down by extra length and add volume at the root—and make hair look thicker, too, explains stylist Mario Russo, owner of Salon Mario Russo in Boston.

Best for you if: You're too rushed to blow it dry. Sop up water from hair with a T-shirt, then finger comb it with a smoothing lotion like **Oribe Smooth Style Serum ($49)** so it won't frizz, says Russo.

Ask for: A midlength cut with gradual, choppy layers around the face and slightly longer layers in the back. Anti-aging bonus: Bangs, like Kerry Washington's (or Jean's, here), disguise prominent forehead wrinkles. Blunt, straight-across bangs work best on narrower face shapes, while sideswept fringe suits women with rounder faces, says Russo.

Healthy hair tip: Styling products that contain protein coat strands so they look thicker than they are. Try **Toppik Hair Fattener ($18)**, a leave-in treatment that covers each hair with keratin proteins.

STYLING SECRET: Get crazy-full-looking hair—and play up its texture—by using a diffuser to keep your naturally pretty waves from getting blown stick straight.

CELEB INSPIRATION



Kerry Washington



Jennifer Lopez



Alexa Chung

GETTY IMAGES, FROM TOP: MARK SULLIVAN; NEILP.MOCKFORD.IAN GAVAN

THE ANTI-AGING CUT

LONG BOB

Why it chops off the years: Your hair's outer layer becomes more fragile after 40, and a drop in keratin protein makes hair weaker and less elastic, so it will break rather than snap back when pulled or stressed. The long bob creates more bounce because hair is blunt and full at the bottom, making it look healthier and even giving it that little swing you might remember from your 20s, Scrivo says.

Best for you if: You want to go short but not *really* short. This longer-in-front cut is a happy medium. It's also ideal if your idea of styling your hair is running your hands through it before you head out the door—this style will still look good even if your air-dried hair waves and bends at will, Scrivo explains.

Ask for: A long bob that sits just above or below the clavicle (no longer), with some layering at the nape of the neck and minimal layering in front.

Healthy hair tip: Use hot tools on the lowest settings and a shielding spray with heat-buffering dimethicones, like **Tresemmé Thermal Creations Heat Tamer Spray ($5)**.

CELEB INSPIRATION



Gwyneth Paltrow



Mindy Kaling



Nicole Kidman

STYLING SECRET: Turn up the bouncy look by letting hair air-dry, then bending a few pieces away from the face with a large curling iron or flatiron to add polish.

GETTY IMAGES, FROM TOP: PASCAL LE SEGRETAIN; FOX; C. FLANIGAN



"My husband said I look 10 years younger. He may be buttering me up, but I'll take it!"

KEREN GILBERT
***Age:* 42**
Founder of consulting firm Decision Nutrition

MEET THE TEAM WHO CHOSE THE CUTS

Eva Scrivo, celebrity stylist and owner of Eva Scrivo Salons in New York City **Mario Russo**, stylist and owner of Salon Mario Russo in Boston **Ronnie Stam**, Oribe creative director based in New York City **Edward Tricomi**, master stylist and cofounder of Warren Tricomi Salons in New York City

HAIR BY ANNIE RUSH

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Ear Health

I COULDN'T STAND THE NOISE IN MY EARS!

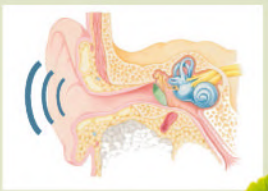
Lily battled with noise in her ears for many years. After coming across Ear Tone™ she finally found some relief. Here is her story.

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Lilly P., Sweden





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"Live in the sunshine, swim the sea, drink the wild air."

—Ralph Waldo Emerson

HOWL/STOCKSY

Tired of Being Tired?



OF COURSE YOU ARE.
SO FOR THE LOVE OF GOD, SIT UP STRAIGHT, PUT DOWN THAT SIXTH CUP OF COFFEE, AND LISTEN UP.

BY HALLIE LEVINE

COLIN HAWKINS/PLAINPICTURE



THE BEFORE

Something's causing your mojo deficit. Keep reading and we'll help you figure it out—and fix it.


THE AFTER
So full of energy you can't stay in your seat? That's you in 2 weeks, you kook.
STEPHANIE RAUSSER/TRUNK ARCHIVE

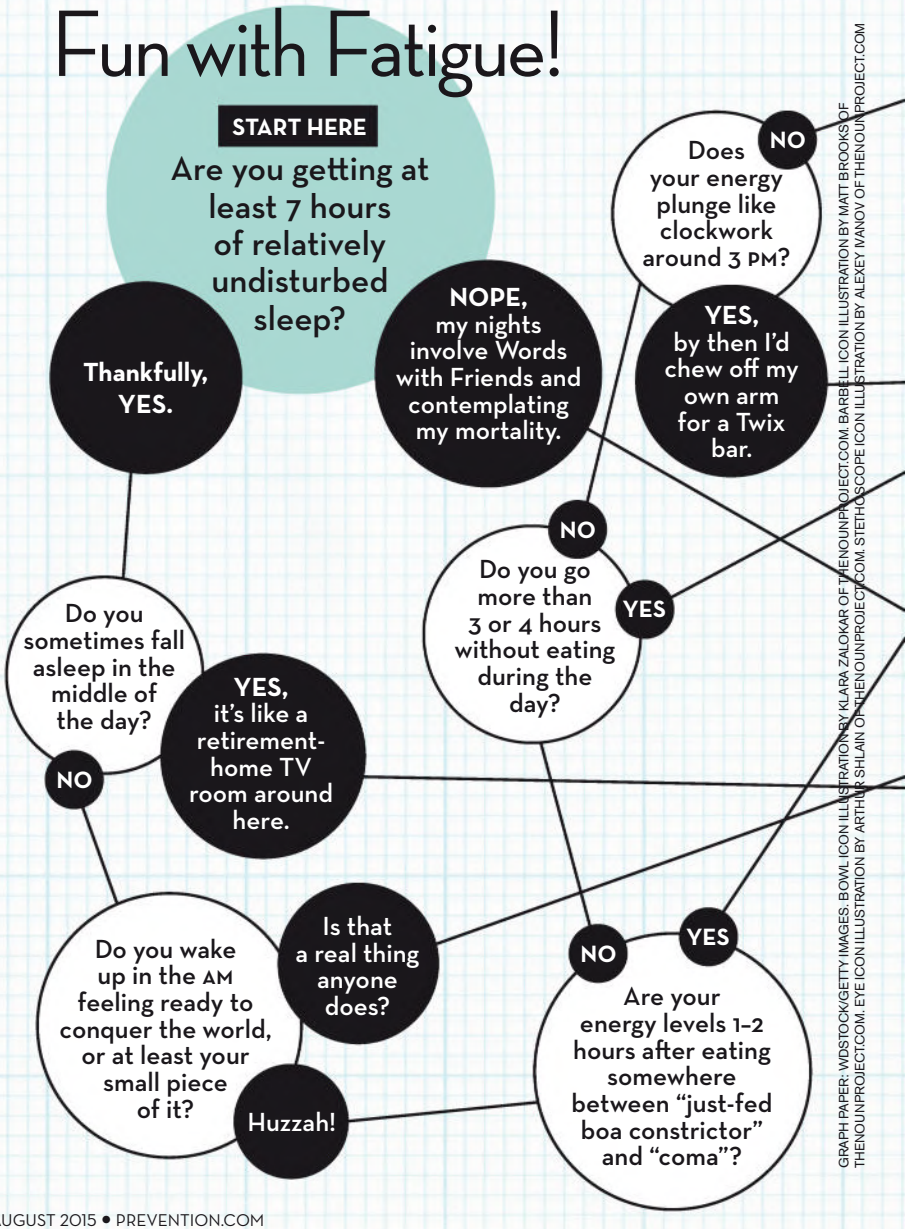
What does being chronically tired mean? It means…wait, what was the question again? Oh, right, it means you can't remember anything. It means you turn your spouse into a Sherpa whose primary function is to bring you the phone so you can order delivery because cooking, let alone meeting anyone for dinner, is, well, are you freaking kidding me? It means having sex is as daunting a task as chaperoning a sixth-grade field trip to Colonial Williamsburg.

Being chronically tired means the end of fun.

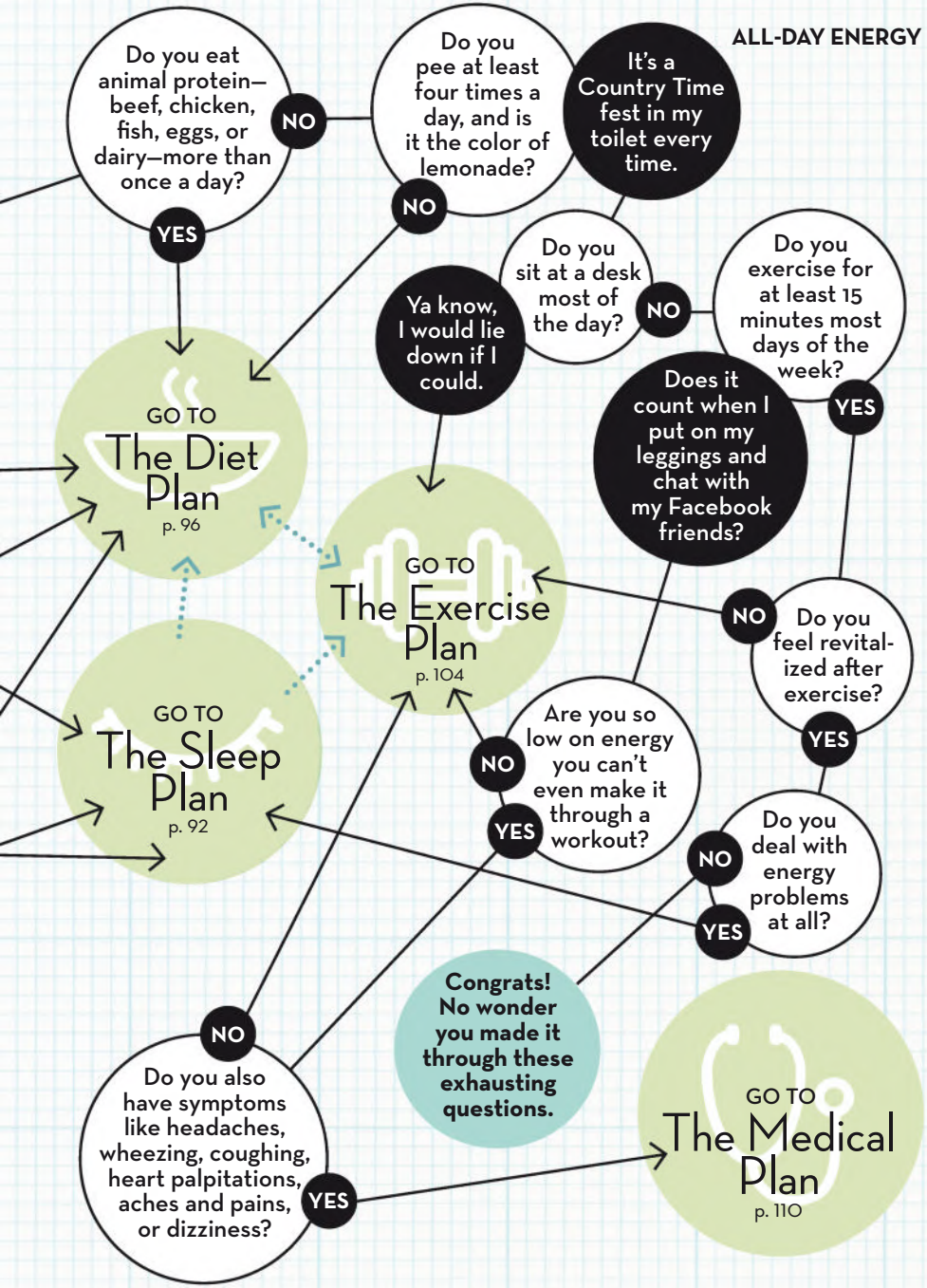
"Aside from working full-time and doing the majority of housework and child care, we live in a society that's wired 24/7, so women are always on," says Holly Phillips, author of *The Exhaustion Breakthrough* (Rodale, June 2015). Add to that a susceptibility to insomnia, anemia, and hypothyroidism, and life for the fairer sex becomes less *walk in the park* and more *The Walking Dead.*

Some of the most forward-thinking experts on this stuff have been working on our age-old problem. We've turned their leading-edge revelations into an astonishingly doable 2-week energy-rebooting plan made just for you. Try it—your Sherpa will thank you.

But First: Fun with Fatigue!



GRAPH PAPER: WDSTOCK/GETTY IMAGES. BOWL ICON ILLUSTRATION BY KLARA ZALOKAR OF THENOUNPROJECT.COM. BARBELL ICON ILLUSTRATION BY MATT BROOKS OF THENOUNPROJECT.COM. EYE ICON ILLUSTRATION BY ARTHUR SHLAIN OF THENOUNPROJECT.COM. STETHOSCOPE ICON ILLUSTRATION BY ALEXEY IVANOV OF THENOUNPROJECT.COM


Do you eat animal protein—beef, chicken, fish, eggs, or dairy—more than once a day?
NO
YES
Do you pee at least four times a day, and is it the color of lemonade?
NO
It's a Country Time fest in my toilet every time.
Do you sit at a desk most of the day?
NO
Do you exercise for at least 15 minutes most days of the week?
YES
Ya know, I would lie down if I could.
Does it count when I put on my leggings and chat with my Facebook friends?
GO TO
The Diet Plan
p. 96
GO TO
The Exercise Plan
p. 104
NO
Do you feel revitalized after exercise?
YES
GO TO
The Sleep Plan
p. 92
Are you so low on energy you can't even make it through a workout?
NO
YES
Do you deal with energy problems at all?
NO
YES
Congrats! No wonder you made it through these exhausting questions.
NO
Do you also have symptoms like headaches, wheezing, coughing, heart palpitations, aches and pains, or dizziness?
YES
GO TO
The Medical Plan
p. 110



It looks like a snoozefest, but there's high drama in the powerful cellular production happening between those sheets.

Your Cells Are Yearning for a Good Night's Sleep

Clearly, sleep is at the center of this whole energy thing (your leaden lids may remind you of this). But here's a cooler way to think of it: You have a highly effective energy-drug factory in your brain. In order to manufacture a max dose, you simply need to get sufficient shut-eye. "Sleep is the only time when your brain can produce ATP, a substance that stores and delivers energy in cells," says Robert Rosenberg, an Arizona sleep specialist and author of *Sleep Soundly Every Night, Feel Fantastic Every Day*. When ATP's at its peak, you're more focused and less likely to feel fatigued or punked by brain fog. Follow our dawn-to-dusk regimen to capture the cellular magic. If after 2 weeks you're still having trouble falling asleep or are waking up not feeling refreshed, then it's time to call in reinforcements: A sleep specialist can help get to the root of the problem (see p. 95).

6:30 AM ***Open your blinds*** to suppress sleepy-time melatonin and elevate brightening cortisol by more than 50%.



6:35 AM ***Who knew making your bed*** could raise chances of a good night's sleep by 19%? The simple reason: It creates positive vibes around bedtime.

6:45 AM ***Going for an outdoor power walk*** is like sending a strongly worded letter to your circadian clock. You'll detail the need for your body to feel more alert now and put in an order for drowsiness tonight. Your internal clock will heed the demands, especially if you stroll in the sun.



12:00 PM ***Sheesh. Cutting off coffee, tea, dark chocolate, and soda*** at this point is so draconian. But remember the goal (ATP! ATP! ATP!) and the fact that, for many people, caffeine can last for hours in your system.

OPPOSITE: STEPHANIE RAUSSER/TRUNK ARCHIVE. THIS PAGE, FROM LEFT: SCIBAK/GETTY IMAGES. JENNIFERPHOTOGRAPHYIMAGING/GETTY IMAGES



2:30 PM *Sleep on the job*,

at least if you're one of the lucky types with an office door (or one of those mythical company nap rooms). Aim for 20 minutes, max: Naps of that length keep you in light, non-REM sleep, so you won't wake up groggy.



6:00 PM

Easy on the hefty dinner—it can trigger acid reflux, a surefire way to toss and turn through the night. Save the pigging out for lunchtime (or, even better, never) and keep your evening meal simple: a lean protein like chicken or fish with a side of veggies or salad.

9:00 PM *Sorry, the electronic curfew thing isn't going away.*

No TV, computer, or smartphone within 90 minutes of lights out. (Yes, that includes backlit e-readers.) Even if you're sleeping as much as usual, starting your night with blue light from a screen risks making it less restful: A recent Harvard study showed that people who read from a screen before bed found it harder to wake up in the AM and feel alert, even though they slept the same amount. The reason? The blue light emitted by e-readers suppresses the sleep-promoting hormone melatonin.



9:30 PM *The fast train to Zzzzsville is fueled by small snacks*,

like a handful of whole wheat crackers with peanut butter, or cereal with almond milk. The nuts contain tryptophan, a building block of the sleep chemical serotonin, while the carbs make the tryptophan more available to your brain.

9:45 PM *Make like a Floridian in August*

and crank the bedroom AC. Body temp hits a low around 5 AM. If the room's too hot, it may interfere with the natural dip and make you restless. Most people sleep the best at around 68°F.



10:15 PM *Lavender isn't just a schlocky gimmick.*

It's been shown to lower heart rate and blood pressure, which relaxes you. Folks who sniff it before bed sleep deeper and feel more vigorous in the morning, according to a study done at Wesleyan University in Middletown, CT.



10:30 PM *If you don't have a white-noise app*,

switch on the fan. Background sounds like a car driving by or a door closing might not wake you up fully, but they rouse you out of the deep, restorative sleep your body needs to stay energized.

GETTY IMAGES, CLOCKWISE FROM TOP: RICHARD GOERG, THOMAS NORTHCUT, MAXIMILIAN STOCK LTD, MOSQUITO, KEVIN TWOMEY



GALLERY STOCK

Time to Call the Sleep Specialist?

IF YOU FEEL WEARY and foggy no matter what measures you take, you might want to get checked for sleep apnea, a condition that causes your breathing to pause for seconds or minutes several times a night. It's an especially common cause of fatigue in women going through perimenopause. (Many assume their night awakenings are a result of hot flashes, when in fact they have sleep apnea.) In one 2012 study, 56% of women ages 45 to 54 and 75% of women 55 to 70 had sleep apnea, compared with 24% of women ages 20 to 44. Studies show that people who let the condition go untreated have less gray matter in their brains, especially in areas that control executive function, working memory, and attention span.

For 7 days before your appointment, write down the following each day to help your doc pinpoint the problem:

- What time you go to bed
- How long it takes to fall asleep
- How many times you wake up at night
- How many hours you sleep
- Whether you wake up naturally (and if so, what time) or require an alarm
- How you feel when you wake up
- What time of day you last consumed caffeine and/or alcohol

ALL-DAY ENERGY

People who stuck with a plant-based diet for 18 weeks were more productive at work and less anxious, depressed, and tired, in one recent study.



TRINETTE REED/STOCKSY



The Diet Plan

The Way to a Woman's Energy Is through Her Gut

Ten years ago, eating enough protein was the purported key to optimal energy. Now the focus has shifted to the microbiome—that hidden but vital community of bacteria in your gut that has huge effects throughout your body. (And yes, protein still matters, but we'll get to that later.) Good bacteria aid in digestion—essentially helping you retrieve energy from your food in the most efficient way, explains Samantha Heller, a nutritionist at NYU Langone Medical Center and author of *The Only Cleanse*. "They also manufacture about 95% of the body's supply of serotonin, a key hormone for boosting energy—and much of which is, counterintuitively, produced in your gut, not your brain—as well as hundreds of neurochemicals that get sent to the brain to help with learning, memory, and mood," she says.

HERE'S HOW TO DO IT

For a gut that's teeming with good bacteria and primed to fuel you, start with a diet rich in fiber, nutrients, and plant proteins. Try this for 2 weeks:

EAT THESE FOODS

- **Fruits**
- **Veggies**
- **Legumes**
- **Nuts and seeds** (no added sugar)
- **Whole grains**
- **Organic yogurt**
- **Teas**
- **Unsaturated oils** (which are liquid at room temperature, like olive, canola, or peanut)

SKIP THESE FOODS

- **Meat**
- **Poultry**
- **Fish**
- **Eggs**
- **Coffee**
- **Artificial sweeteners**
- **Soft drinks**
- **Dairy** (except yogurt, which is rich in probiotics)

If you feel hungry or unsatisfied, add more beans, tofu, nuts, or nut butter to dishes, since their protein is filling–and important for keeping energy up. After 2 weeks, your good gut bacteria will have replenished enough for you to add animal protein back into your diet, but the less you consume, the better, says Heller.

BREAKFAST

BLUEBERRY CHIA OAT SMOOTHIE

Blend 1 cup **unsweetened soy milk**; ½ cup **soft tofu, rinsed and drained**; ½ cup **blueberries**; ½ **banana**; ¼ cup **old-fashioned rolled oats**; and 2 tsp **chia seeds** until smooth.



9 DELICIOUS EXAMPLES OF GOOD-GUT EATING

The energy-generating bacteria in your system will go bananas for these high-fiber meals.

FRUIT AND WHEAT

Combine ½ cup **shredded wheat**, ½ cup **strawberries**, ½ **banana**, 2 Tbsp **ground flaxseed**, and 1 Tbsp **walnuts** in bowl. Top with ¾ cup **unsweetened soy milk**.

PHOTOGRAPHS BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY CHRISTINA LANE

LUNCH

QUINOA SALAD

Toss 4 cups **cooked quinoa** with 1 can (10 oz) **artichoke hearts, drained and chopped**; 1 cup **cooked corn kernels**; 1 cup **grape tomatoes, halved**; ¾ cup **cooked edamame**; 1 **bell pepper, diced**; and 1 **jalapeño, sliced** (optional). Whisk 4 Tbsp **olive oil**; 2 Tbsp **lime juice**; 1 **clove garlic, minced**; ¼ tsp **ground cumin**; ¼ tsp **coriander**; and ¼ tsp **salt**. Toss dressing with quinoa mixture and top with **fresh basil**. Serves 6.



HUMMUS SANDWICH

Top 1 slice **whole grain bread** with ¼ cup **hummus**; 2 slices **tomato**; and ½ **avocado, sliced**. Drizzle with **olive oil** and season with salt and pepper to taste.



SNACKS

- 2 crackers with 2 Tbsp almond butter, ¼ cup sliced strawberries, and a drizzle of honey
- ¼ cup trail mix
- 3 apricots and ¼ cup pistachios

DINNER

SPINACH TOFU STIR-FRY

Cook 2 cups **brown rice** per package directions. Heat 1 Tbsp **canola oil** in large skillet over medium heat and cook 14 oz block **extra firm tofu, cut into squares**, 3 to 5 minutes, stirring occasionally, until golden. Stir in 2 **cloves garlic, minced**, and 1 tsp **grated ginger** and cook 1 minute longer. Stir in 10 oz **baby spinach** and 1 Tbsp **soy sauce** and cook about 2 minutes. Combine with cooked rice and top with 2 Tbsp **sesame seeds**, 2 tsp **sesame oil**, and **soy sauce** to taste. Serves 4.



SESAME PEANUTTY NOODLES

Prepare 1 lb **whole wheat spaghetti** per package directions. Toss with 1 **red bell pepper, cut into thin strips**; 2 Tbsp **thinly sliced water chestnuts**; and 1 **carrot, cut into matchsticks**. Whisk ½ cup **smooth natural peanut butter**, ¼ cup **rice vinegar**, ¼ cup **reduced-sodium soy sauce**, 2 Tbsp **lime juice**, 1 Tbsp **extra virgin olive oil**, 1 Tbsp **honey**, 2 tsp **dark sesame oil**, 2 tsp **grated ginger**, and 1 tsp **salt** and toss with pasta mixture. Top with 1 Tbsp **toasted sesame seeds**. Serves 8.



PHOTOGRAPHS BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY CHRISTINA LANE

WE KNOW YOU CAN HANDLE THESE SIMPLE FOOD RULES

DO...

BEGIN EACH DAY WITH HOT LEMON WATER.
Before energy drinks, there were lemons: They're a source of electrolytes, which are critical for cells to produce energy. Squeeze half a fresh lemon into 8 to 10 ounces of hot water, or add a cube of frozen lemon juice to hot water.

EAT OATMEAL FOR BREAKFAST.
Not a new fad, we know. But oats' fiber and protein get digested slowly, stabilizing blood sugar levels all day. Energy-boosting potassium and magnesium add to the package (and the risk of boil-over on the stove every morning makes you all the more alert, right?).

CHECK YOUR PEE.
It should be the shade of lemonade or lighter; if it's darker, you need to drink more fluids. One 2012 University of Connecticut study found that young, healthy women who were even mildly dehydrated reported more fatigue and poorer concentration.

DON'T...

DIS QUINOA.
It has more protein than virtually any rice or other grain or plant source. In fact, it's widely regarded as a complete protein, which is usually found only in animal products. It's also rich in folate, magnesium, and phosphorus, all vital ingredients for you-know-what.

GO MORE THAN 5 HOURS WITHOUT EATING.
Not because munching keeps you from dozing off at work but because frequent snacks keep blood sugar up, so you don't crash or get ravenous and overeat. Always opt for carbs to supply cells with easy energy, plus protein to slow digestion, making the boost last.

OVERDO IT ON THE JAVA.
Aside from a morning cup, save caffeine for the rare times you really can't focus or have to be alert to, say, drive for hours. If you go beyond that, your body starts expecting regular hits—and you end up feeling tired whenever you don't feed the addiction.

The Silver-Bullet Check

Answers to that question nagging you in the energy-booster aisle: *Does this really work?*



CAFFEINATED WATER

- **WHERE TO FIND IT:** Bottles from brands including Water Joe and Ávitãe
- **WHAT IT IS:** Caffeine is a drug that blocks buildup of the sleepy neurochemical adenosine.

SCIENCE SAYS: It's been found to boost focus and mental clarity.

- **GOOD TO KNOW:** Caffeine water sometimes contains heart-hammeringly high amounts of the stuff. Limit your intake to 400 mg a day—what you'd get in roughly four cups of coffee.

COENZYME Q10

- **WHERE TO FIND IT:** Softgels from brands like Nature Made and Now Foods
- **WHAT IT IS:** An antioxidant mostly marketed for countering side effects of statins and treating congestive heart failure, Parkinson's, and hypertension, it has shown good results in those areas. But it's also getting airtime as a possible energy lifter.

SCIENCE SAYS: It might help, and it won't hurt. Studies of the antioxidant's impact on energy levels and exercise performance have shown mixed results.

- **GOOD TO KNOW:** CoQ10 can have unpredictable effects on blood pressure and blood sugar.



RIBOSE

- **WHERE TO FIND IT:** Powders or tablets (look for D-ribose) from Swanson Health, Life Extension, and more
- **WHAT IT IS:** Ribose is a form of sugar in the body, and it's a key component of ATP.

SCIENCE SAYS: Studies of it as an energy booster have tended to be small, and most showed no impact. Research does show that ribose can improve blood flow in people with clogged arteries.

WATER: MARIA TOUTOUDAKI/GETTY IMAGES

BEE POLLEN



- **WHERE TO FIND IT:** Capsules from brands including Puritan's Pride and Spring Valley
- **WHAT IT IS:** Pellets of plant pollens and nectar (which bees use as food) and bee saliva. It's a nutritionally rich mix of proteins, carbohydrates, lipids and fatty acids, minerals, and vitamins.

SCIENCE SAYS: Studies that show bee pollen gives a boost have been criticized for being small, poorly run, or hard to replicate.

L-GLUTAMINE

- **WHERE TO FIND IT:** Powders or capsules from Now Foods, Source Naturals, and others
- **WHAT IT IS:** The most abundant amino acid in the body, glutamine helps move nitrogen through your system and is an important energy source for many cells.

SCIENCE SAYS: Glutamine is effective at reducing infections following major surgery, bone-marrow transplants, or burns—but it hasn't shown promise on the energy front.



CINNAMON

- **WHERE TO FIND IT:** Capsules from brands including Nature Made and Puritan's Pride (your spice jar alone won't pack enough punch)
- **WHAT IT IS:** Naturally occurring polyphenols are thought to increase insulin sensitivity and keep blood sugar levels even, which can help energy stay humming.

SCIENCE SAYS: It's been found to lower blood sugar in people with type 2 diabetes, but so far the research on its effectiveness as an energy supplement is inconclusive.

- **GOOD TO KNOW:** If you have diabetes, talk with a doctor before taking it, since it could tweak blood sugar.

CREATINE

- **WHERE TO FIND IT:** Powders or chewable tablets from TwinLab, MusclePharm, and more
- **WHAT IT IS:** Creatine is made naturally in the human body and is also found in meats and fish. It's converted to phosphocreatine, which is stored in muscles to help deliver instant energy whenever it's needed.

SCIENCE SAYS: Try it if you want help getting through your workout. An analysis of 96 human studies found it's effective in high-intensity training and explosive activities (read: it'll improve your racquetball game more than your biking endurance).

- **GOOD TO KNOW:** Carbs increase creatine uptake in your muscles, so mix it with something like fruit juice.

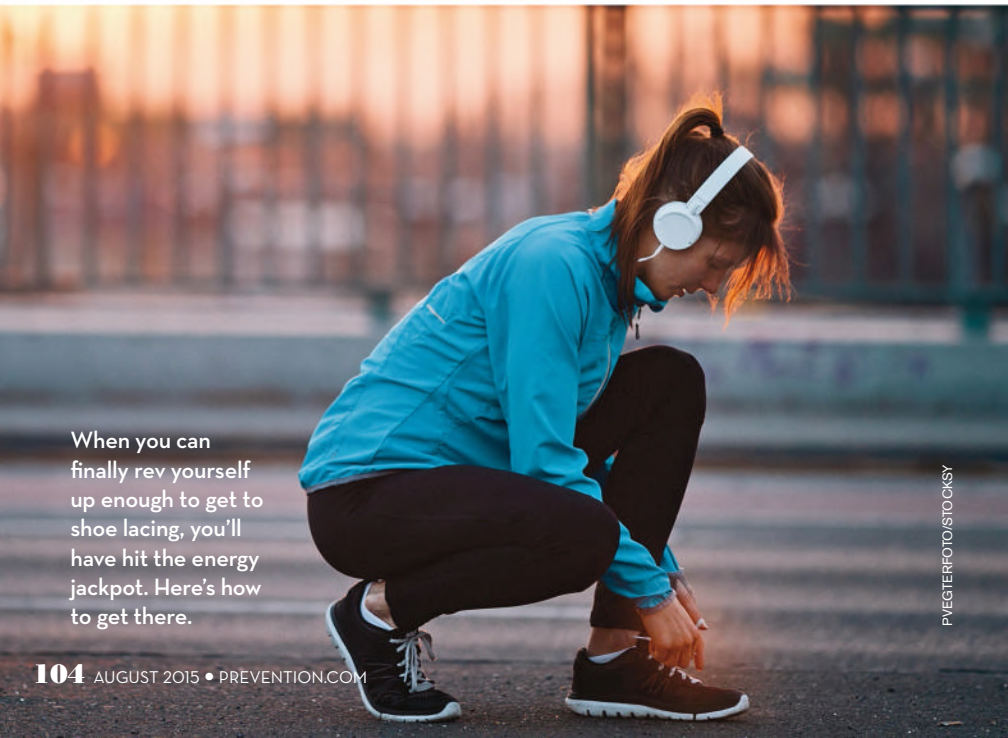
—Kate Rockwood

MATT RAINEY

The Exercise Plan

Ease Your Way to a Better-Than-Coffee Buzz

To the poor soul who is truly wiped, the idea of working out feels basically akin to climbing Everest—barefoot. Ironic, since it's often the very thing that will get your motor running again. We asked celebrity trainer Joel Harper, author of *Mind Your Body*, to come up with a four-pronged plan that will take you in baby steps from flat on the floor (literally) to lacing up for some (gasp!) cardio. Each of these 5- to 10-minute mini routines—even the ones that don't involve huffing and puffing—is guaranteed to get your energy up. Choose one based on how much *va-vroom* you have, try a couple in a row, or even do all four back-to-back-to-back-to-back for the ultimate energizing routine.



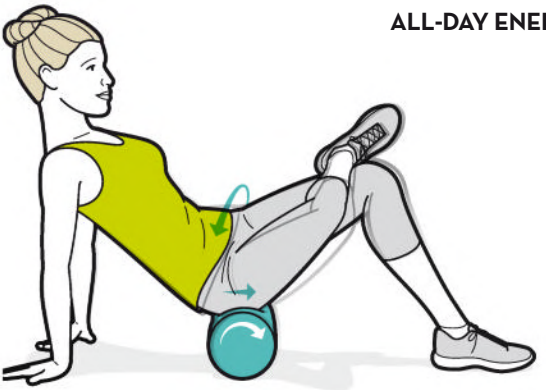
When you can finally rev yourself up enough to get to shoe lacing, you'll have hit the energy jackpot. Here's how to get there.

PVEGTERFOTO/ISTOCKSY

1 HAMMOCK

With right ankle resting above left knee as shown, shift weight onto right glute and gently roll back and forth 1–2" on foam roller. That's 1 rep. Do 25, then hold roller against tightest spot and relax for 15 seconds. Repeat on opposite side. Do 2 sets on each side.

PRO TIP: Keep your arms slightly bent.



IF YOU ONLY HAVE ENERGY FOR LYING ON THE FLOOR

Try these 3 foam-rolling moves. They'll wake up your body and make you feel more limber and less achy, all with minimal effort.



2 UPPER BACK

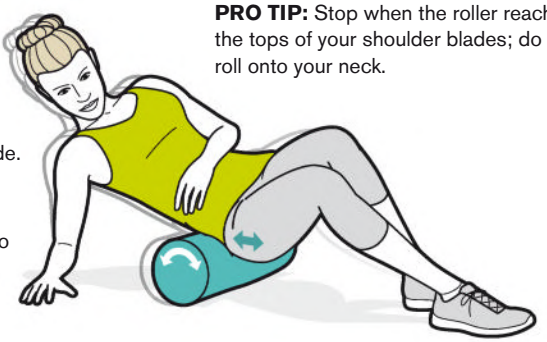
Use feet to move roller up and down along spine between mid- and upper back. That's 1 rep. Do 2 sets of 20.

PRO TIP: Stop when the roller reaches the tops of your shoulder blades; do not roll onto your neck.

3 LOWER BACK

Keeping abs tight, use feet to shift tailbone back and forth, moving roller 1–2" along 1 side of lower back. That's 1 rep. Do 20 reps, then repeat on opposite side. Do 2 sets on each side.

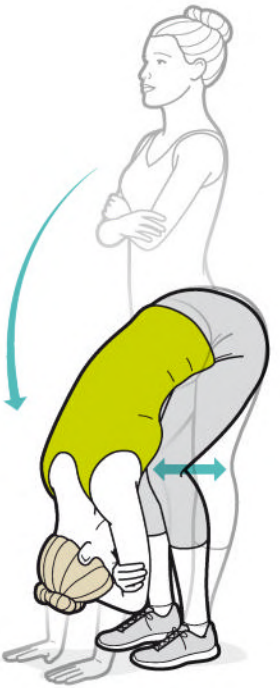
PRO TIP: Keeping 1 hand on your belly reminds you to keep your abs engaged.



CHRIS PHILPOT

IF YOU'RE UP FOR A REACH—BUT NOT BEYOND YOUR TOES

Try these 3 simple stretches to get blood flowing. They'll open up tight areas (like your hamstrings) and release the muscle tension that can zap energy.



1 HIPPIE

Hinge forward at waist with bent knees and let body melt down, releasing tension. Hold at least 10 seconds. Then, for a deeper stretch, release arms, placing hands on floor if possible. Alternately bend 1 knee, then the other, keeping heels on floor. Continue for 30 seconds.

PRO TIP: Does the floor feel miles away? Place your hands on yoga blocks or a stack of books.



2 KNEE DROP

Lie on back and gently lower knees to 1 side. Take 5 deep breaths, then return to center. Repeat on opposite side.

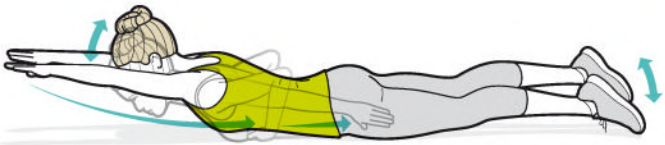
PRO TIP: Keep your upper body still; only your lower body should move.

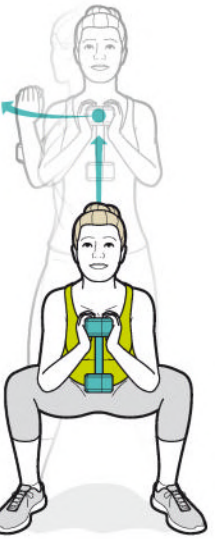


3 YO-YO

Keeping lower body stationary and feet slightly wider than hip-width apart, twist upper body from side to side. That's 1 rep. Do 10.

PRO TIP: Lead with your elbows and keep your head in line with your torso.





1 SUPER REACH

Lie facedown and extend arms and legs as shown. Flutter-kick legs up and down, simultaneously reaching arms toward feet, then back overhead. That's 1 rep. Do 2 or 3 sets of 10.

PRO TIP: Bend your elbows to bring your hands by your shoulders before reaching your arms forward and back.

2 GOBLET SQUAT WITH TWIST

Hold 1 weight vertically; lower hips, bringing elbows inside knees. Return to standing and twist torso to the right. That's 1 rep. Alternate sides with each rep. Do 2 or 3 sets of 10.

PRO TIP: Keep your knees over your ankles as you squat.

IF YOU'VE GOT A LITTLE JUICE TO WORK WITH

Try these 3 functional training moves that'll increase your strength, mobility, and stamina—and give you an awesome pick-me-up in the process.



3 SINGLE-LEG HINGE

Hinge at hips, lowering torso as right leg lifts. Working balance, try to touch fingertips to floor, then come back to start. That's 1 rep. Do 2 or 3 sets of 10 on each side.

PRO TIP: If this is too hard, bring your hands only halfway down and don't lift your back leg as high.

IF YOU'RE NEARLY READY TO GO ALL THE WAY

Try one or more of these 5-minute intervals to turn your energy from middling to max. Fitness types love intervals because the speeding up and slowing down makes your body work extra hard, explains exercise physiologist Michele Olson. Sounds fun, huh? No, but really, all the gear shifting causes adrenaline to flow at higher levels in your bloodstream. And guess what more adrenaline means? You got it—more energy. If you're feeling good after a brief (or was it eternal?) cycle, do another! And a third!



PRO TIP

DECIDE YOUR *RATE OF PERCEIVED EXERTION (RPE) WITH THIS ROUGH GUIDE: 1 IS SITTING ON THE COUCH, AND 10 IS YOUR FASTEST SPRINT.



5-Minute Interval Workout

Warm Up
0:00–0:30
Walk or run at an easy pace.
RPE* *3–4*

Interval A
0:30–1:00
Walk or run at a brisk pace.
RPE *5–6*

Interval B
1:00–1:30
Walk or run at a fast pace.
RPE *8–9*

Repeat Intervals
1:30–4:30
Alternate between A and B 3 times.

Cool Down
4:30–5:00
Walk at an easy pace.
RPE *3–4*

SHAUN ROBINSON/STOCKSY

Tired and Then Some? See a Doctor If. . .

...you've got fatigue plus any of the symptoms below.

Your primary care doc can help you decide whether you need to be screened for these conditions.

STOMACH ISSUES

like frequent nausea, heartburn, bloating, or recurrent diarrhea or constipation

What it could be:
A GI DISORDER LIKE IRRITABLE BOWEL SYNDROME OR CELIAC DISEASE

WEIRD SKIN FLARE-UPS

like an unexplained rash, dryness, or itching

What it could be:
HYPOTHYROIDISM

PALPITATIONS,

unexplained rapid heartbeat, or calf cramps

What it could be:
HEART DISEASE

RESPIRATORY TROUBLE

like shortness of breath, wheezing, persistent cough, or snoring

What it could be:
COPD OR ASTHMA

MUSCULOSKELETAL SYMPTOMS

like joint pain or stiffness, general muscle aches, or pain in a specific area

What it could be:
AN AUTOIMMUNE DISEASE SUCH AS RHEUMATOID ARTHRITIS

NEUROLOGIC ISSUES

like headaches, dizziness, or memory loss

What it could be:
LUPUS OR MULTIPLE SCLEROSIS



ENDOCRINE SYMPTOMS

like always feeling hot or cold; facial hair growth or hair loss; excessive thirst, urination, or sweating; or hot flashes

What it could be:
THYROID DISORDER, POLYCYSTIC OVARIAN SYNDROME, OR TYPE 2 DIABETES

WATERY, DRY, OR ITCHY EYES;

nasal congestion; or recurrent colds or sinus infections

What it could be:
ALLERGIES

MENTAL HEALTH PROBLEMS

like anxiety, sadness, insomnia, or difficulty concentrating

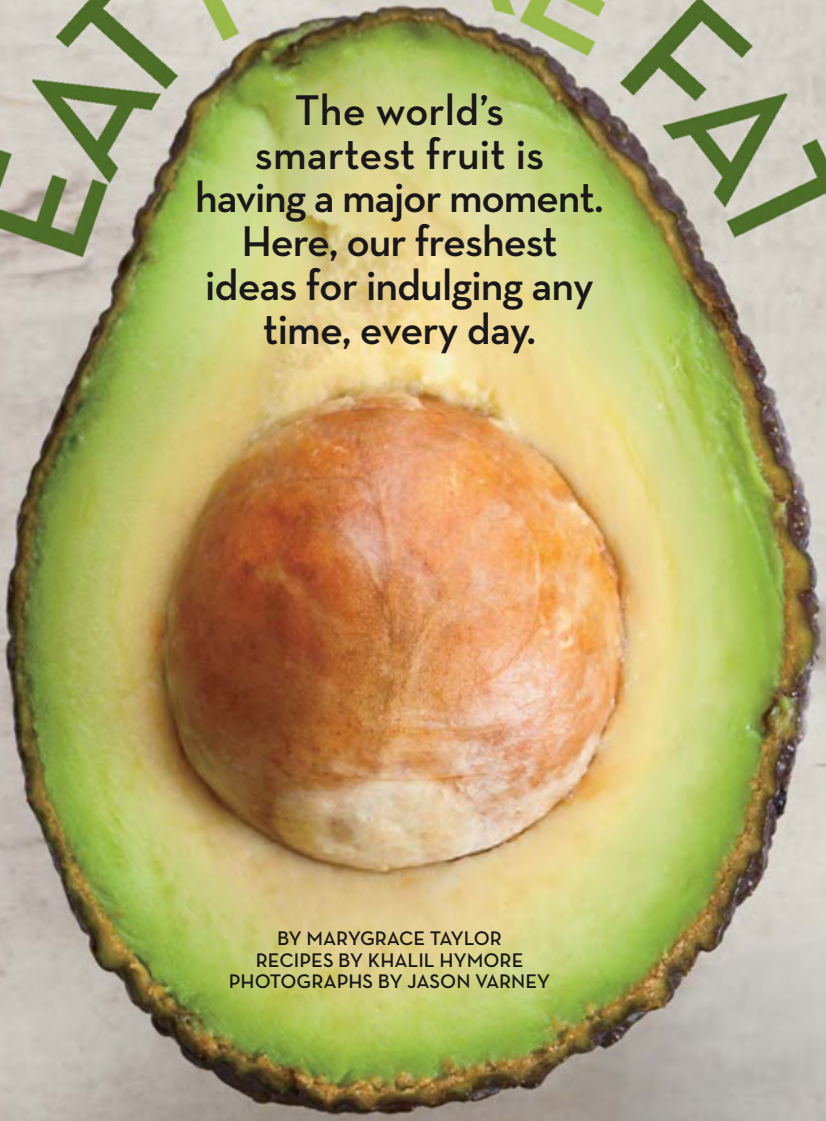
What it could be:
HYPOTHYROIDISM OR DEPRESSION

SEAN LOCKE/STOCKSY

THE 10 BEST WAYS EVER TO...

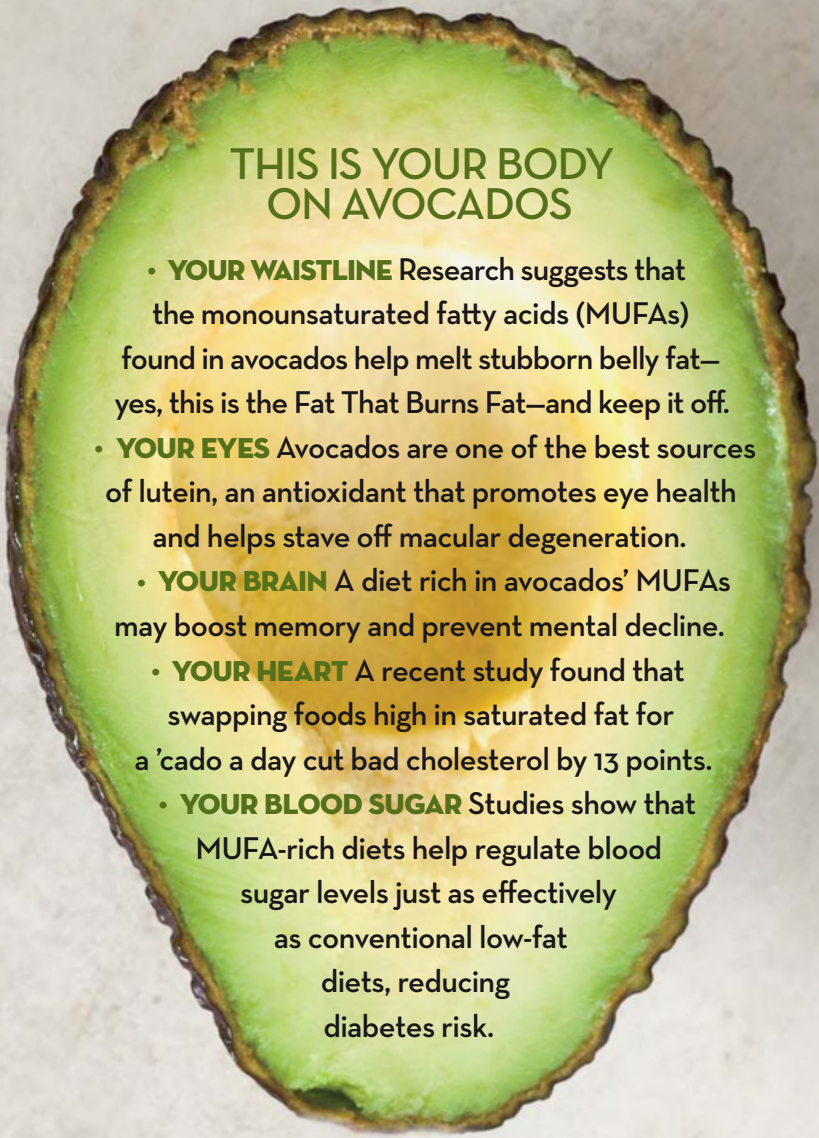
EAT MORE FAT

The world's smartest fruit is having a major moment. Here, our freshest ideas for indulging any time, every day.



BY MARYGRACE TAYLOR
RECIPES BY KHALIL HYMORE
PHOTOGRAPHS BY JASON VARNEY

JACQUI ALBI/STOCKFOOD



THIS IS YOUR BODY ON AVOCADOS

- **YOUR WAISTLINE** Research suggests that the monounsaturated fatty acids (MUFAs) found in avocados help melt stubborn belly fat—yes, this is the Fat That Burns Fat—and keep it off.
- **YOUR EYES** Avocados are one of the best sources of lutein, an antioxidant that promotes eye health and helps stave off macular degeneration.
- **YOUR BRAIN** A diet rich in avocados' MUFAs may boost memory and prevent mental decline.
- **YOUR HEART** A recent study found that swapping foods high in saturated fat for a 'cado a day cut bad cholesterol by 13 points.
- **YOUR BLOOD SUGAR** Studies show that MUFA-rich diets help regulate blood sugar levels just as effectively as conventional low-fat diets, reducing diabetes risk.

A Better Avocado Every Time

If it's a day or two away from perfect, but you need it now:

Briefly bake it to make it creamier. Peel, slice, toss with the juice of half a lemon and a pinch of salt, and place in a baking dish at 300°F for 10 minutes.

If it's too firm now but needs to be ripe in a day or two:

Stick it in a paper bag with an apple, a banana, or a pear and close tightly. Leave the bag on the countertop (not in the fridge) so that the fruits will emit ethylene gas, a compound that promotes ripening.

If it's ripe right now, but you need it to last longer:

Store it whole in the fridge. Cold temps won't stop a perfectly ripe avocado from turning to mush eventually, but they will slow the process by a few days.

If you have leftover avocado you need to store:

Refrigerate it in an airtight container with half an onion, which will keep the fruit green and flavorful for up to a day (and no, it won't taste like onion). You can also rub the cut side of an avocado with lemon or lime juice or apple cider vinegar, then store it in an airtight container for a day.

If the leftover avocado develops brown spots:

When there's green underneath, just cut away the brown. Spots are cosmetic and occur with oxygen exposure. They're generally safe to eat but may be bitter.



BEST GUACAMOLE EVER!

Always make it perfect with this elegant mix of tomato, onion, garlic, and cilantro that has jalapeño for heat and lime (not lemon) juice.

FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY KIRA CORBIN



Go-To Guacamole

In bowl, combine 2 **avocados, chopped**; ½ sm **Roma tomato, diced**; ¼ cup **chopped cilantro**; ¼ sm **onion, diced**; ½ sm **jalapeño, minced**; 1 **clove garlic, minced**; and 2 Tbsp **lime juice**. Mix to desired consistency and season with salt and pepper. Serves 4.

NUTRITION (per serving)
168 cal, 2 g pro, 10 g carb, 7 g fiber, 1 g sugars, 14.5 g fat, 2 g sat fat, 154 mg sodium

A CREAMIER PASTA

Turn dinner into a velvety treat without butter or cream.

Avocado, Prosciutto, and Seasonal Vegetable Pasta

Prepare ½ lb **whole wheat spaghetti** per package directions. Drain pasta, reserving ½ cup water. Heat 1 Tbsp **olive oil** in skillet over medium-high heat. Add 2 thin slices **prosciutto** and cook until crisp, about 2 minutes. Transfer to plate. Add 2 **cloves garlic, sliced**, to skillet and cook until fragrant, about 30 seconds. Add 1 sm **zucchini, diced**; kernels from 1 ear **corn** (about ¾ cup); 1 **red bell pepper, diced**; and 2 **scallions, chopped**, and cook until tender, about 2 minutes. In bowl of food processor, puree 1 lg **avocado**, ¼ cup pasta water, and 4 tsp **lemon juice** until smooth. Add remaining ¼ cup water if necessary and season with salt and pepper. In skillet, toss veggies, pasta, and avocado puree. Serve with **crumbled prosciutto** and **fresh basil**. Serves 4.

NUTRITION (per serving) 367 cal, 13 g pro, 56 g carb, 12 g fiber, 6 g sugars, 13 g fat, 2 g sat fat, 496 mg sodium





AWESOME ALL-IN-ONE APPETIZERS

Whether they're served before a meal or as a snack, these stuffed avocados taste as good as they look.

THE HEALTHY PIE FILLING

With avocado mousse, sweet is truly good for you.



Avocado-Pineapple Tartlets

PREVIOUS PAGE

Avocado-Pineapple Tartlets

In bowl of food processor, combine 1 cup **unsweetened coconut chips or flakes**, 1 cup **chopped cashews**, ¾ cup **pitted dates** (about 15), 3 Tbsp **unsweetened cocoa powder**, 1 to 2 Tbsp **honey**, 2 tsp **lime zest**, and 1 tsp **vanilla extract**. Line muffin pan with paper liners. Press crust into 12 cups in thin layer. Freeze. In bowl of food processor, puree 2 **avocados**, ¾ cup **diced pineapple**, ½ cup **fat-free plain Greek yogurt**, ¼ cup **lime juice**, 3 Tbsp **honey**, and 1 tsp **vanilla extract** until smooth. Fill frozen shells and top with **diced pineapple** and **coconut chips**. Serve, or cover and freeze. Thaw 20 minutes before serving. Serves 12.

NUTRITION (per serving) 270 cal, 5 g pro, 39 g carb, 6 g fiber, 29 g sugars, 13 g fat, 1.5 g sat fat, 10 mg sodium

FROM P. 117

Avocado and Chili Cups

In saucepan, heat 1 Tbsp **olive oil** over medium heat. Add 1 sm **onion, diced**; 1 sm **jalapeño, seeded and minced**; and 1 **clove garlic, minced**. Cook until veggies are soft, about 4 minutes. Add 4 tsp **chili powder**; 1 tsp **ground cumin**; 1 can (4 oz) **diced green chiles, drained**; 1 can (14 oz) **diced tomatoes**; 1 can (14 oz) **kidney beans, drained**; and ¾ cup water. Season with salt and pepper and cook until thick, about 20 minutes. Halve 4 **avocados** and scoop ⅓ of the flesh from each half around pit's indent. Dice flesh and set aside. Fill each half with chili and top with **crumbled Cotija cheese**, **cilantro**, and diced avocado. Serve with **lime wedges**. Serves 8.

NUTRITION (per serving) 196 cal, 4 g pro, 17 g carb, 7 g fiber, 3 g sugars, 12.5 g fat, 1.5 g sat fat, 324 mg sodium

Avocado and Roasted Sweet Potato Salad Cups

Heat oven to 425°F. Peel and dice 1 med **sweet potato**, place on baking sheet, and toss with 1 Tbsp **olive oil** and 2 or 3 sprigs **thyme**. Roast until potato is tender, about 12 minutes. In bowl, whisk 1 Tbsp **olive oil**, 1 Tbsp **sherry vinegar**, 1 tsp **fresh thyme**, 1 tsp **minced shallot**, and ½ tsp **Dijon mustard**. Season with salt and pepper. Toss warm potato with vinaigrette. Halve 2 **avocados** and scoop out about ⅓ of the flesh from each half around the pit's indent. Dice scooped flesh and set aside. Fill each half with potato salad and diced avocado, and top with **pepitas** and **fresh parsley**. Serves 4.

NUTRITION (per serving) 265 cal, 3 g pro, 16 g carb, 8 g fiber, 2 g sugars, 22.5 g fat, 3 g sat fat, 357 mg sodium

Avocado, Ham, and Egg Cups

Heat oven to 425°F. Halve 2 **avocados** and scoop out about ⅓ of the flesh from each half around the pit's indent. Dice scooped flesh and set aside. Halve 2 slices **ham** and fit a slice into each avocado half to form a cup. Carefully pour 1 **egg** into each cup. Season with salt and pepper and bake until egg is set but yolk is still runny, about 15 minutes. Remove from oven and top with **chives**, **Parmesan**, and diced avocado. Serves 4.

NUTRITION (per serving) 267 cal, 12 g pro, 9 g carb, 7 g fiber, 1 g sugars, 21.5 g fat, 4.5 g sat fat, 513 mg sodium



Avocado and Lox Toast





Avocado, Pea, and Radish Toast

RIPENESS CHECK

Is that avocado ready? Pull the little stem on top: If it comes off easily and you see green underneath, it's a go—if you see brown, it's overripe. Stem won't budge? Wait a day.

AVOCADO TOAST LIKE YOU'VE NEVER HAD IT

Sayonara, butter. Topping toast with mashed avocado is the rage. Now kick it up a notch.



Avocado and Strawberry Toast

Avocado and Lox Toast

Mash 1 sm **avocado** and spread over 2 slices **toasted whole grain bread**. Top each toast with 1 thin slice **lox** (about 1 oz), 1 to 2 slices **tomato**, 1 thin slice **red onion**, and ½ tsp **capers**. Season with pepper. Serves 2.

NUTRITION (per serving) 283 cal, 12 g pro, 26 g carb, 10 g fiber, 2 g sugars, 16.5 g fat, 2.5 g sat fat, 615 mg sodium

Avocado and Strawberry Toast

Mash 1 sm **avocado** with 1 tsp **lime juice** and spread over 2 slices **toasted whole grain bread**. Top each toast with 2 **sliced strawberries** and 2 tsp **honey**. Season with salt and pepper. Serves 2.

NUTRITION (per serving) 270 cal, 6 g pro, 31 g carb, 10 g fiber, 7 g sugars, 15 g fat, 2 g sat fat, 298 mg sodium

Avocado, Pea, and Radish Toast

Mash 1 sm **avocado** and spread over 2 slices **toasted whole grain bread**. Top each toast with 1 Tbsp **soft goat cheese**; 1 **radish, sliced**; 1 Tbsp **fresh (or frozen and thawed) peas**; and a drizzle of **extra virgin olive oil**. Season with salt and pepper. Serves 2.

NUTRITION (per serving) 292 cal, 8 g pro, 26 g carb, 10 g fiber, 1 g sugars, 19 g fat, 3 g sat fat, 318 mg sodium

PIZZA PARTY

Top pizza with mashed avocado instead of sugary tomato sauce for a slice with healthier fat and fiber.





PICK THE RIGHT TYPE

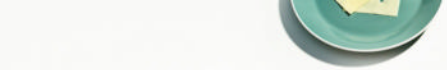
Hass avocados have pebbly, green-black skin and are creamy, silky, and perfect in everything. They're the most widely available and are found year-round. Florida avocados are bigger, greener, and often sold only June through February. Their flesh is more watery and less creamy than Hass, so save them for salads or sandwiches instead of guac.

Avocado BLT Pizza

Heat oven to 450°F. Drizzle baking sheet with 1 Tbsp **olive oil**. Stretch ¾ lb **pizza dough** into thin 13" x 9" rectangle. Bake until dough puffs slightly, about 8 minutes. Mash 2 **avocados** and 1 tsp **lemon juice** and spread over crust. Top with ½ cup **ricotta**; 4 **Campari tomatoes, quartered**; and 2 slices **bacon, cooked and crumbled**. Season with salt and pepper. Bake again until crust is golden, about 10 minutes. Top with **shredded romaine lettuce**. Serves 6.

NUTRITION (per serving) 313 cal, 8 g pro, 32 g carb, 6 g fiber, 2 g sugars, 17.5 g fat, 4 g sat fat, 621 mg sodium









FAST and LOSE



This Diet Will...
Drop Pounds,
Sharpen Your Brain,
Extend Your Life,
...and it's proven to work.



The only question left is—
do you actually want to do it?

BY GINNY GRAVES
PHOTOGRAPHS BY CJ BURTON





I'm sitting in front of a bowl of cauliflower (five florets, to be exact) drizzled with Sriracha sauce. Ordinarily, this would barely qualify as a snack. Today, it's lunch. I'm not sure which organ is more outraged: my grumbling stomach or my sandwich-starved brain. But my stomach is definitely louder.

At 52, I'm just a handful of pounds overweight—but that handful is spilling blatantly over the top of my jeans. I need to find a way to rein in my appetite, or just invest in a wardrobe of chic, oversize tunics—a slippery slope at this age. (Next up, muumuus?) My search for a healthy long-term solution has led me to today's paltry meal. I'm trying intermittent fasting and eating more like our prehistoric ancestors—the world's oldest new diet.

You've probably heard about this before. It's spawned a documentary, dozens of books (including a *New York Times* best seller), and a frenzy among scientists. The National Institutes of Health is funding and conducting several studies to determine how and why it works. With a fan base that consists of everyone from ripped CrossFitters to nerdy scientists, it's enough to make even a diet skeptic like me curious to try it.

The concept of intermittent fasting is simple: Alternate days of eating normally with modified fasting days on which you eat just 500 calories—and watch the pounds drop off. The reality is a bit more daunting. Will I be able to subsist every other day on the same number of calories that a miniature poodle does?

The research on intermittent fasting—along with the stories of people who've tried it and swear by it—helps diminish my doubts. Many of the first studies were led by Krista Varady, a nutritional scientist at the University of Illinois, who is surprisingly animated and engaging for someone who spent her early career in a lab putting rodents on diets. Over the past decade, she has looked at more than 600 people in eight clinical trials of alternate-day fasting, and she's found that obese people reliably lose weight at a very safe rate—about 2 to 3 pounds a week. Equally promising, Varady discovered that measures of cholesterol, triglycerides, inflammation, and blood sugar improve when people fast on alternate days. The results were so impressive that a health publisher called her and convinced her to compile her team's voluminous research into a book, *The Every Other Day Diet*.

One of the reasons periodic fasting works so well is because it's particularly helpful in burning fat. Your body typically chews through its

glucose—or sugar—stores in 10-ish hours; once the glucose in your liver is depleted, your hungry tissue is forced to utilize fat for fuel, Varady says. The upshot: With on-and-off deprivation, you lose over 90% of the weight from fat—a good 15% higher than with typical diets—and just 10% from muscle. What's more, since it allows you to hang on to muscle, it doesn't seem to cause the usual diet-related plunge in metabolism.

Varady tells me she hit on the 500-calorie modified-fast approach after reviewing prior research that looked at complete fasting every other day. "People hated it," she says. "They were miserable." But when she allowed mice, and eventually humans, to eat 25% of their usual intake on fast days (that's 500 calories for women and 600 for men), most adjusted within a week or two and, to her surprise, consumed just 10% more than usual on "feast" days, when they were allowed to eat with complete abandon. "It might be because your stomach shrinks or your appetite hormones change," she says. The persistent 2-day net calorie deficit knocks off pounds—13 in 8 weeks in obese people. Those like me who want to shave off those last 5 or 10 tend to lose about half a pound a week.



It's not the speediest way to slim down. But as I dig into the research, I discover a slew of new studies that point to other enticing benefits—like, for instance, living longer. In a study published last February, University of Florida researchers put 19 people on an alternate-day fasting program for 3 weeks, drawing blood before and after the diet. The postdiet sample revealed that the participants' cells had begun making more copies of a longevity gene—known as SIRT3—that both helps protect against damaging free radical molecules and improves cells' ability to repair themselves.

Its benefits are similar to those of another well-known longevity diet: long-term calorie restriction. "Fasting seems to place stress on cells and prompt them to shift to self-protection mode," says study author Douglas Bennion.

As I read more new research, I learn that fasting might help my mind, too: In animal studies, scientists at the National Institute on Aging discovered that the diet could boost proteins that strengthen neurons and are crucial for learning and memory and may even protect against Alzheimer's disease. Their studies also suggest the diet produces some of the same positive changes in the cardiovascular system as long-term exercise.

But what finally convinces me is Varady's most recent study. In a trial funded by the NIH, she and colleagues found that intermittent fasting is much more effective than everyday dieting at maintaining weight loss—the toughest trick, as any dieter knows. Unlike almost every other diet in the world, the approach is *sustainable*.

Hunger schmunger, I'm in.

DAY 1 TO MY HUSBAND GORDON'S CHAGRIN, it's Friday, and my paltry food choices are making our social plans nonexistent. I've laid in provisions: almonds, celery, arugula, broccoli, cauliflower, pickles, and Sriracha—the flavorful sauce that I'm hoping will gussy up all that rabbit food. Gordon takes one look and texts a friend to meet him for dinner at the local brewpub. Arrayed on the counter, my day's menu does look...how can I put it? Pitiful. Anxious, I call Varady and ask what I am missing. "Protein," she says before I've even finished the question. "About half your calories on the fast day should come from protein, because it's way more filling than vegetables." She also warns me to be sure to drink 8 to 12 glasses of water every day to curb hunger and prevent dehydration—an actual risk when you're taking in so little fluid through food. I guzzle a tall glass, then dash out to Trader Joe's to pick up eggs and lunch meat—and, all right, a wedge of goat Gouda; it's a high-calorie impulse buy, but a reminder that, as Scarlett O'Hara says, "Tomorrow is another day."

> The diet may protect against Alzheimer's disease.

With only 500 calories to consume, I chew slowly, which is more pleasurable, I discover, than snarfing. While the expected rumbles from my coddled stomach, which has never known hunger, are uncomfortable, they aren't so excruciating that I cave in and order a pizza. The protein is satisfying, and the Sriracha-dipped veggies do an admirable job of taking the edge off. (A study several years ago found that adding hot red pepper to tomato soup caused people to eat 60 fewer calories at the next meal—probably, the researchers speculated, because the spice acts as a mild appetite suppressant.)

That said, deprivation isn't fun. As the day progresses, I spend more and more time daydreaming about crème brûlée, sushi, caramels—even, improbably, a cheesy Velveeta-and-broccoli casserole my mom made when I was a kid. By the time I crawl into bed at 9:30, my food fantasies are so frenzied I can hardly sleep. Varady says that usually goes away after a week or so, and in a recent study, she found that the fast days actually help people who suffer from heartburn or GI discomfort sleep better.

DAY 2

I AWAKEN BLEARY-EYED but a pound lighter—and ready to attack the contents of my fridge. But as I'm sipping my coffee, I notice something odd: I'm not hungry. *Eat!* I tell myself, feeling slightly frantic. I have no intention of letting my day of heedless consumption slip away. I nibble some blackberries and have a

Fasting every other day is no picnic—here's how Day 1 went.

(Thankfully, on Day 2, I was able to eat anything I wanted!)

7:30 AM
Coffee, no cream

10:45 AM
Four almonds ***28 calories***

1:00 PM
Iced coffee (no cream), hard-boiled egg ***75 calories***

3:00 PM
Bowl of cauliflower florets dipped in Sriracha ***50-ish calories***

3:30 PM
Sans usual sugar fix, 20-minute nap

3:50 PM
Bowl of broccoli/Sriracha ***50-ish calories***
Small apple ***70 calories***

4:15 PM
Hike 4 miles

5:30 PM
Famished. Two slices of ham with mustard ***45 calories***
Cup of peppermint tea

5:45 PM
Two more slices of ham with slender slices of goat Gouda, which I'd vowed not to eat today ***125 calories***

7:30 PM
Eight almonds ***56 calories***

7:45 PM
Four almonds ***28 calories***



small bowl of Greek yogurt, but my stomach's not interested.

As I learn from Varady, this is what happens—the reason people on the diet lose weight. On the Facebook page for *The Every Other Day Diet*, I find plenty of people who confirm this phenomenon.

Joanna Grindle, a 45-year-old nurse and mom of three in Vernal, UT, lost 53 pounds in 4 months and has kept it off for a year by fasting just 1 day a week. "The diet completely changed my relationship with food," she says. "Now I stop eating when I'm satisfied instead of stuffed." Same thing for Jennifer Stewart, 54, a Singapura cat breeder in Crookston, MN, who lost 121 pounds, and Aimee Jones, 35, a hotel employee in Lake Elsinore, CA, who tells me she's been doing alternate-day fasting for just a month but has already lost 12 pounds. "I thought I'd want to binge on sweets, but my sugar cravings are going away," she says. "It's a strange feeling."

I eat a salad and a tuna melt for lunch, snack on a piece of dark chocolate in the afternoon, and have skirt steak with grilled veggies and risotto for dinner. I want to overindulge, trust me, but I just can't. I feel disappointed—like it's the last day of a trip to the Bahamas when it's rained the whole time.

DAY 3 **ALTHOUGH I EXPECT TO BE RAVENOUS,** I find my second fast day easier. I add new treats—salad with chicken breast, lots of tea ("Warm fluid helps you feel full," promises Varady), bubbly water with lemon. And I save at least 200 calories for right after my 4 PM hike, which triggers a titanic hunger surge. Although I'm still obsessed with the food I can't eat, falling asleep isn't nearly the struggle it was on Day 1.

DAY 4 **I'M MORE PREPARED FOR IT,** but I still feel an odd disappointment at my disinterest in pastries and bacon that mere hours ago sounded irresistible. I'm seeing how little of my usual eating is driven by actual need. As I make my way through another day of alarmingly sensible meals and snacks, it occurs to me that I'm learning the difference between true hunger and boredom-stress-anxiety hunger—and how frequently I engage in the latter.

DAYS 5–10 **AS MY FAST-DAY FANTASIES DECREASE,** I gradually lose a pound and a half—and am filled with an odd sense of accomplishment. I can coexist with hunger! The diet is easier than the usual grind of restriction; the 500-calorie limit forces me to plan my meals and leaves me with so few options I don't even think about foods not on the day's menu.

It's not, however, a social diet. I'm cranky having two slices of chicken while my son and husband chow down on steak. Even worse: going to a



dinner party and nibbling on crudités as friends *ooh* and *aah* over fondue.

Stewart, who has maintained her weight loss for nearly 2 years, says she rearranged fast days to accommodate her social schedule; when she had three back-to-back "feasts," she'd do an equal number of fast days to make up for it. For maintenance, she does 1,000-calorie fast days, keeps an eye on the scale, and throws in a 500-calorie day when the number goes up.

The diet has its detractors. Sara Gottfried, a doctor and author of *The Hormone Reset Diet*, worries that it can trigger sugar cravings—and binges. Susan Roberts, a professor of nutrition at Tufts University, adds, "It's risky to tell overweight people to eat what they want every other day, because they could actually gain weight. And, in my practice, very few people are interested in trying it. It could wreak havoc on your life."

> No one is certain why, but it seems to prevent and reverse obesity.

Varady herself is quick to admit it's not right for everyone. "But for those who hate the constant vigilance of daily calorie restriction, it seems to work well," she says.

My feelings end up somewhere in the middle. Fasting for a day here or there is doable, but every other day for eternity? Not so much. Despite the fact that I've shed weight, the difficulty of planning and monitoring my eating on fast days makes the diet impractical—and I realize, with a pang, that I'm ready to give it up.

But I'd still like to lose a few pounds, so I turn my attention to the studies I've read on a different approach to intermittent fasting: time-restricted eating (TRE). You eat normal amounts every day but cram it all into a 6- to 12-hour time period—it seems to offer many of the same benefits as alternating fast days but is more suited to my lifestyle.

A rebound diet! Just what I need!

TRE isn't nearly as well studied as alternate-day fasting, but it does have promising results. Obese mice have had luck getting ready for bikini season on the program, according to a recent study at the Salk Institute for Biological Studies in La Jolla, CA. In that 38-week trial, rodents that were restricted to eating within a 9- or 12-hour period stayed svelte, while



those who consumed the same number of calories throughout the day became obese; more telling, when the obese, eat-anytime mice were switched to the time-restricted approach, they slimmed down. "It seems to prevent and reverse obesity," says Satchidanda Panda, lead scientist of the study.

No one is certain why that happens, but Courtney Peterson, who is conducting some of the first human trials with her colleagues at Pennington Biomedical Research Center in Baton Rouge, LA, says not eating for so long affects your body's internal clock—and may dictate the robustness of key functions like metabolic rate.



While some scientific evidence for time-restricted eating focuses on 16-hour fasts, there is flexibility in adapting the approach to fit people's lifestyles. Jonathan Stegall, an integrative medicine physician in Atlanta, has seen results in more than 40 of his patients on a 16-hour-fast diet following a monthlong preparation period emphasizing low-carb, organic, and natural foods. Cindy Santa Ana, 45, a mom of two and integrative nutrition health coach in Bristow, VA, lost 50 pounds in the past 2 years by eating only from 10:30 AM to 7 PM. "I don't watch my calories, but I eat healthfully—lots of veggies and lean protein and complex carbs like sweet potatoes and carrots," she says.

I give it a whirl and find that just 1,600 calories leaves me full because it's packed into 8 hours. After a slight hunger pang at 10 PM, I generally fall asleep without being tormented by images of crusty croissants and cheesy omelets. And I'm free to shift my eating window—when we meet friends for dinner at 7, I eat nothing until noon, which isn't that difficult. Though that one heavy, late meal puts half a pound on me, the next day I binge on lemon squares at 2 PM and don't gain an ounce. Either eating earlier in the day is less damaging or I compensated for the cookie binge by eating far fewer calories afterward.

After 8 days of time-restricted eating, I not only have kept off the pound and a half I'd lost but have dropped another two, and my belly is noticeably smaller. I've discovered that I sleep more soundly on a semi-empty stomach and wake up more clearheaded. The diet is the most user-friendly fast around.

Still, I'm not confident I can stick with the strict 8-hour window now that I've reached my goal, so I gravitate to the 12-hour version. Much easier. I use it for 5 weeks and find I both maintain my weight loss and reap fasting's other benefits.

When a friend comments on my newly slender bod, I tell her what I've been up to. "This is the easiest thing I've ever done to lose weight," I say. I mean it.

So from all this, I end up with one rule. Kitchen closes at 7. Turns out I'd rather count minutes than calories.

Earning Their Kibble

Food puzzles are more than just fun and games.

BY KAREN ASP

If you want to get fed in my house, you have to work for your meals. So when dinnertime rolls around for my 6-year-old golden retriever, Jessie, I'll serve her food with a puzzle that she must complete before she eats.

Think that sounds mean? It's actually far from it. Food puzzles, like hiding meals under plastic cups or in muffin tins covered with tennis balls, play into the natural instincts cats and dogs are born with. "Before they became house pets, dogs and cats used to spend most of their waking hours hunting



Puzzles with treats tucked inside turn feeding time into a learning experience.

REX LISMAN/GETTY IMAGES

Can you tell what's in your dog's food?



Some brands add red dye.



We add red apples.

Unlike some dog foods, we don't use artificial color. Instead, we put 5 real fruits and veggies in every bag. Turns out red and green apples, sweet potatoes, cranberries, green beans and peas provide plenty of color, naturally.

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-Regina



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Food puzzles slow down your pet's eating and curb weight gain.

COURTESY OF PIONEER PET PRODUCTS

and foraging for food," says Sharon Wirant, animal behaviorist with the American Society for the Prevention of Cruelty to Animals in Westmoreland, NH. That scavenging not only kept them busy, it also gave them opportunities to use problem-solving skills and their keen sense of smell.

Now, however, cats and dogs live mainly indoors, where they no longer have to think about where their next meal is coming from. They don't even have to do anything to get that food, and all this spells a disastrous consequence: boredom. "Because they're not mentally or physically stimulated, especially if they're home all day alone, pets then look for other things to do, which often results in behavioral issues," says veterinarian Michael Farber,

chief of staff at West Chelsea Veterinary in New York City.

In an effort to save your favorite shoes or new furniture from an unwarranted attack, chains like Petco and PetSmart, and even local stores, have stocked their shelves with food puzzles. Take the Kong Wobbler, one of Jessie's favorite food puzzles: In order for food to be dispensed through a small hole in the toy, Jessie must push the ball around with her paw or nose. Feeling creative? It's just as easy to make your own puzzle: Line up five plastic cups and stick a treat under one or two of them. Your pet then has to figure out which cups have treats by knocking all of them over. In addition to keeping your pal's boredom at bay, these games also give Fido the physical and mental challenges he craves. "Many pets are happier when given tasks to do," Wirant says. And since many puzzles require movement and slow eating, the games could also fight weight gain and gastrointestinal issues, suggests Farber.

No matter what you do, start out easy. "Give your pets the simplest puzzle that lets them easily obtain the food," Wirant says. When they get the hang of it, continue to challenge them—"Think different, not always difficult," says Farber—so you keep them alert and excited. But if your pets don't catch on as quickly as you hope, don't fret—just keep trying puzzles until you find one that captures their attention.

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Five popular puzzles let you sit back and relax while your pet gets a serious brainpower boost.



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Aikiou Stimulo Cat Interactive Feeder

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Kong Wobbler

It may wobble, but it won't fall down. Dogs must spin, roll, and shake this toy to get treats out of the opening. ($20 to $23 for large; $15 to $17 for small)

FROM TOP: COURTESY OF NORTHMATE. COURTESY OF AIKIOU. COURTESY OF KONG. COURTESY OF NINA OTTOSSON. COURTESY OF PLANET DOG



Nina Ottosson Treat Maze

Load treats through a center hole and let your pet rock or spin the toy to move morsels through a maze. ($15 to $21)

Orbee-Tuff Snoop

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Can arnica help ease my joint pain?

Arnica appears to possess anti-inflammatory properties. In fact, research suggests that in topical gel form, arnica can relieve osteoarthritis pain as effectively as anti-inflammatory drugs such as ibuprofen.

You can find tinctures, creams, gels, and oils at most health food stores and some pharmacies. I use a tincture made with arnica and alcohol because I like the way it smells and feels. Try it in a compress: Dip gauze into a tablespoon of tincture mixed with a pint of purified water, then place on the aching joint. Never apply arnica on an open wound—you risk absorbing a toxic dose—and always stop using it if a rash develops.

Do not take arnica internally except in homeopathic form. While research has been inconsistent, I personally find the 30X potency homeopathic pills beneficial for sprains, strains, or bruising. Some people take homeopathic arnica before and after surgery, but there are conflicting findings about this practice.

ANDREW WEIL, *MD, is founder and director of the Arizona Center for Integrative Medicine and clinical professor of medicine at the University of Arizona.*

Send your questions for Dr. Weil to ***askdrweil@prevention.com***.



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WOMEN OWNED

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Thanks to BetterWOMAN, I'm winning the battle for

Bladder Control



Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public – for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and undignified pads and diapers, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN.**

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TWO-INGREDIENT ICE CREAM

Why buy processed pints full of sugar when you can make your own ice cream at home without any added sweeteners? This banana ice cream from Lisa Leake, author of *100 Days of Real Food*, uses only two ingredients—no crank or fancy ice cream maker required. Eat a spoonful or a gallon, because there's nothing but healthy goodness here.

BANANA ICE CREAM

TOTAL TIME: 5 minutes + freezing time

Peel 4 to 5 **ripe bananas**, break into thirds, and freeze overnight (or longer) in sealed container. When ready to make ice cream, combine bananas with ¼ cup **milk of choice** (almond and soy work here, too) in blender. Blend, adding small amounts of milk as necessary, until mixture resembles ice cream. Serve with **nut butter**, **dark chocolate pieces**, or **other fruit**. Serves 4.

NUTRITION (per serving, using 2% milk) 113 cal, 2 g pro, 28 g carb, 3 g fiber, 15 g sugars, 1 g fat, 0.5 g sat fat, 8 mg sodium





LISA LEAKE is the author of the #1 *New York Times* best seller *100 Days of Real Food* and a blog by the same name. Both the book and the blog chronicle her journey to find and eat only real food in a world where processed fare rules.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY CHRISTINA LANE. ILLUSTRATION BY KEVIN SPROULS



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